

BBC

goodfood

June 2019
DHS15

www.bbcgoodfoodme.com

Middle East

Let's brunch

- Fluffy American pancakes with berry-cherry syrup
- Smoked haddock & hollandaise bake
- Turkish eggs on simit with garlicky yoghurt

easiest-ever

**midweek
meals**

HEALTHY EATS

- + 4 ways with granola
- + Speedy salads
- + Post-workout recipes
- + 5 tips for better sleep

WIN!

.....
DINING
VOUCHERS AND
GOURMET
HOTEL STAYS

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Dining deals in Abu Dhabi | Dubai restaurant recommendations | Tried & tasted recipes | Europe's hot foodie hoods



ST REGIS
ABU DHABI

Summer Fruits Afternoon Tea

Summer has officially arrived at Crystal Lounge as The St. Regis Abu Dhabi introduces a new Summer Fruits Afternoon Tea. The perfect Afternoon treat, enjoy bespoke tea infusions presented by a dedicated tea sommelier alongside a range of deliciously fruit-y treats. In addition to a delicious range of savoury sandwiches, and scones discover Mango White Chocolate Lollipops, Coconut & Raspberry Tart, Passion Fruit Cheese Cake, Summer Berry Panna Cotta, Lemon Meringue, Macarons, Vanilla & Peach Tea Gelee and delightful Rooibos Tea Cream Brulee!

AED 195 per person
Daily from 2 - 6 PM

All prices are in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes.

The St. Regis Abu Dhabi
Abu Dhabi, United Arab Emirates t. +971 2 694 4553 stregisabudhabi.com



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Welcome to June!

As we enter the sauna-like stage of summer in the Middle East, we turn our hands to lighter, refreshing recipes in the kitchen.

Showcasing fruity and fresh flavours, many of the dishes inside this issue are designed to revitalise during the hotter months. We're also focusing on minimising time spent in the kitchen with easy-to-make recipes that can be whipped up in 15-minutes or less, so that you're not stood over a hot stove, in the already hot enough weather.

Start the day with a bowl of dried fruit & crunchy nut granola (p30), enjoy a pot of flavour-bursting curried mango & chickpeas (p62) for lunch, or perhaps a smoky sweet potato & beetroot hummus salad bowl (p61). For dinner, the zesty spice-cured tuna tacos (p53) are not to be missed – nor are the asparagus, pea & ricotta flatbreads (p50).

Inside you'll also find recommendations of where to dine in Dubai and Abu Dhabi during the summer – from newly opened spots to check out, to this season's best indoor brunches.

Speaking of restaurants, if you'd like to see your favourites awarded at this year's BBC Good Food Middle East Magazine Awards, voting has opened and you can now cast your votes by visiting awards.bbcgoodfoodme.com/2019/ - also, for a chance to win a six-night holiday with Villas by Taru in Sri Lanka worth Dhs20,000, all you need to do is hit the 'share' button after you have cast your votes online. Good luck!

Have a wonderful June,



Sophie
Editor

WHAT WE'RE LOVING!



"Looking for a new go-to salad? Try this miso broccoli, egg & quinoa combo – it's so tasty and nutritious," says sales executive, Liz.



Online editor, Glesni says: "These spice-cured tuna tacos are sure to impress guests at your next dinner party. Turn to page 52 for the full sharing-style menu."



"Enjoy granola for breakfast, dessert or even sprinkled over soup. We have 4 great ideas for granola inside – the carrot cake granola is particularly nice," says graphic designer, Froilan.



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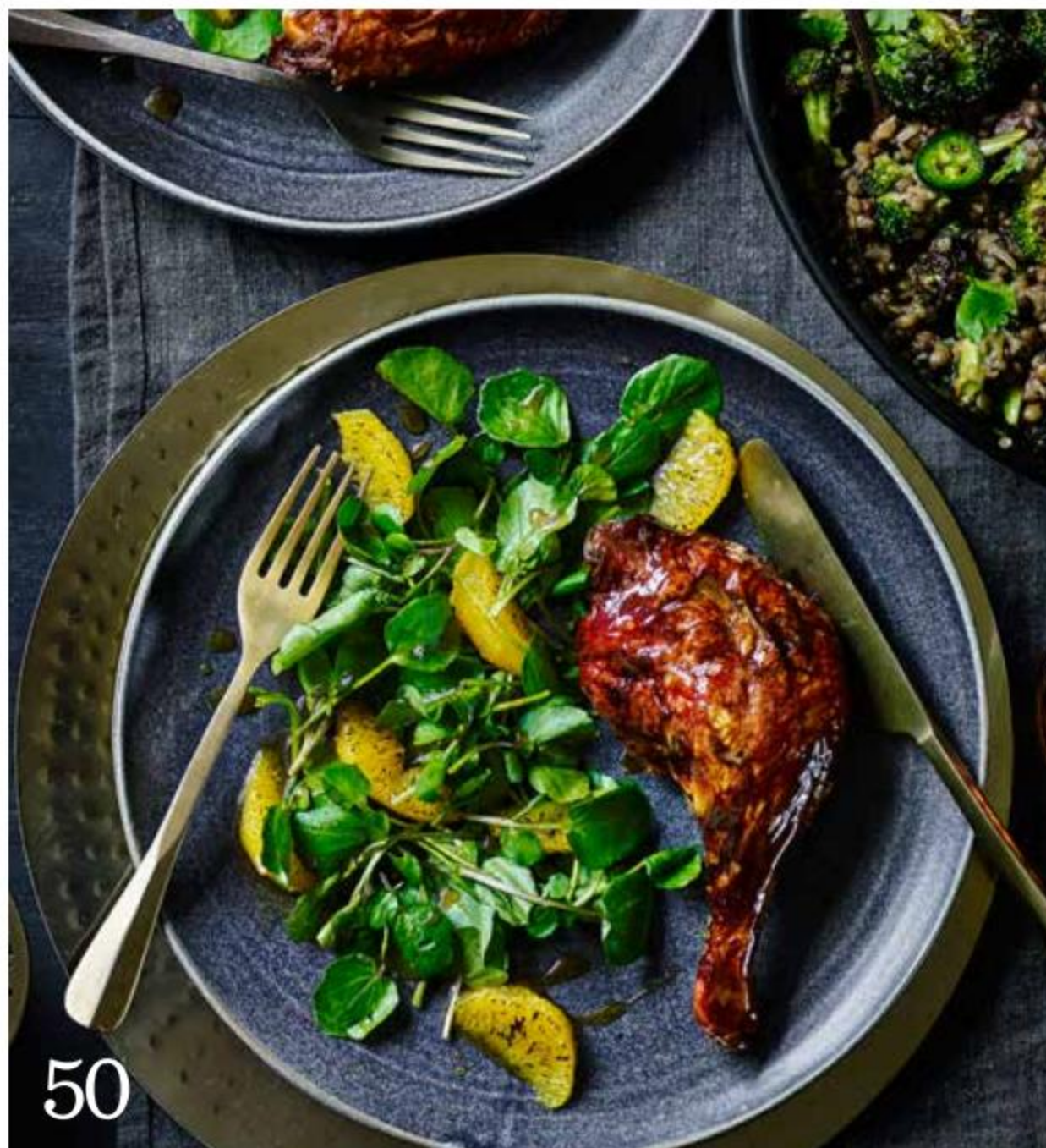
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Our recipe descriptions

V Suitable for vegetarians.

🧊 You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

🐷 Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



May's magazine issue exhibited a beautiful Ramadan feel to it, which made the recipes much more intriguing for my family and I. We appreciate an authentic and yummy Arabic Iftar, so we tried two of the hummus toppers, and they were delicious. My sons especially loved the pistachio lamb meatballs, so I saved the recipe on my notebook. I even loved the spiced honey drizzle cake recipe, so I am planning to make it for Eid! Thanks BBC Good Food ME.

Husam Eltinay



After reading your review and recommendation to visit A Capella, which opened recently at The Pointe on Palm Jumeirah, I decided to visit with my wife and we both loved it, so thanks! The food was so full of flavour, but what we loved most was the affordability. They have an unbeatable daily happy hour for four hours, all you can drink and it's great value for money, plus the food was great to share. Keep the affordable recommendations coming!

Henry Fisher



In the May issue, I really enjoyed the step-by-step 'how to pan-fry fish' piece. I was recently married and truth be told, have never done much cooking for myself before now, so I'm really trying to learn so that I'm able to cook more at home for me and my husband. Articles like this that demonstrate with imagery how to cook something step-by-step is really helpful for me, do you have any others that you could share?

Shweta Menon

WIN!

The winner of the 'star letter' this month will receive a Zwilling Knife Block from Tavola **worth Dhs899!** Made by Zwilling J.A. Henckels, world leading manufacturer of kitchen utensils, this Four-Star kitchen knives block is a master-piece of comfort, ergonomics and safety that protects the blades and complements the kitchen décor. Visit **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



ENTER A JOURNEY TO THE ORIENT

Enjoy your late afternoons and evenings at Ninive tent during summer.

For intimate gatherings with friends and family or corporate events, Ninive is the ideal dining destination, at Jumeirah Emirates Towers, from 6 pm to 2 am.

Guests can indulge in Middle Eastern specialties, including Arabic cuisine from all over the region, while listening to live music and DJ mix in a relaxed and refined atmosphere.

Dress code is smart elegant
Age policy 18+ | A valid ID is required
Valet parking available to all guests


@ninivedubai

book@ninive.ae
043266105

NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



PRODUCT PICK

NEW: NutriBullet Balance

The team behind the NutriBullet has created an all-new product that counts calories, proteins, carbs, fats and sugar content – the NutriBullet Balance, which is now available in the UAE. Using its SMART Nutrition System, the blender connects to an app on a smartphone or a tablet and gives real-time nutrition data on your smoothies. Through the app users can make healthy smoothies following recipes built into the app which are tailored to the user's personal tastes and nutrition goals.

The NutriBullet balance contains a smart sensor that measures all your ingredients directly, showing you the dietary breakdown of your smoothie through an accompanying Bluetooth app. With the NutriBullet Balance app, you can browse hundreds of NutriBullet recipes designed by dietitians, focusing on health and flavour; whether beverages, dips or soups, the recipes can be sorted by category or health needs. The app also allows you to surf through recipes based solely on the ingredients you have in your cupboard at the present moment. Visit nutribulletme.com.



THE BEST BITES

The Ripe Market goes indoors at Dubai Festival City Mall

Bringing the best in local craft and produce, the Ripe Market is back at Dubai Festival City Mall to welcome a host of local artisans this summer, taking place every Friday until June 28, 2019, from 10am till late.

The Ripe Market will cater to the shopper's love for healthy food and artisanal crafts from local designers, while enjoying an indoor community shopping experience at the mall throughout the summer.

At the Ripe Market, shoppers will be able to wander around the market stalls and enjoy the local retailers offering organic fruit and veggies, freshly baked bread and delicious jams, chutneys and spreads, as well as jewelry, fashion, accessories, kids toys and home décor in a fun environment that brings the community together. Visit ripeme.com.

UN DIMANCHE À PARIS DUBAI OPENS AT BLUEWATERS ISLAND



Famed in Paris for its perfected French cuisine and patisserie offering, Un Dimanche à Paris has opened its first Middle Eastern outpost at Bluewaters Island, Dubai.

The typically French chocolate room and restaurant-patisserie is by renowned French chef and maître chocolatier Pierre Cluizel, and is a 605 square metre concept spread over two levels with views of the iconic Dubai skyline.

Un Dimanche à Paris Dubai offers breakfast, lunch, brunch and dinner, as well as a selection of chocolate boxes and desserts to take away. Call **04-5640044**.



Fatafeat and Lulu Hypermarkets launch cookware range

Fatafeat and Lulu Hypermarkets has launched an exclusive cookware range. Now available in stores across the region, the range comprises of cookware, kitchen tools and dinnerware and is available in two eye-catching designs: Arabic Rounds and Intricate Persians. Prices range from Dh14 to Dh399 for individual pieces and cookware sets. The collection is available across the UAE, and being rolled-out across all 60 Lulu Hypermarkets regionally. The launch of the range was celebrated with Fatafeat talent Chef Mohammad Orfali performing a live cooking demonstration at Lulu Hypermarket in Mushrif Mall in Abu Dhabi.

DINE & STAY SUMMER DEAL

FIVE Palm Jumeirah has revealed a new summer staycation and dine deal for those looking to become a tourist in their own city. Starting from Dhs1,500 for two people per-night, plus taxes for the all-inclusive package. Dine on premium food and beverage packages (alcoholic and non-alcoholic) from selected restaurants at the beachfront resort. The package includes full board menu and unlimited beverages at selected restaurants, plus access to the five swimming pools, private beach and High FIVE kids club. For reservations, e-mail **fpjd.reservations@fivehotelsandresorts.com** or call **04-4559999**.



Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

➤ **Netsu, Mandarin Oriental Jumeira, Dubai**

Mandarin Oriental Jumeira, Dubai already has the distinction of being the first Mandarin Oriental resort within the Middle East and now it has another first under its belt: it has introduced the region to traditional Japanese cooking technique, Warayaki at its newly-opened restaurant, Netsu. Originating from the Kochi Prefecture in Shikoku, Netsu's chefs grill food using dry straw instead of charcoal, giving it a unique flavour and taste. Meats and seafood are seared on the outside maintaining a very tender and juicy flesh on the inside. The concept is brought by acclaimed chef and restaurateur Ross Shonhan. The Australian-born chef is passionate about both Japan and the country's cuisine and is widely credited for popularising Japan's street food scene. Call 04-7772232.

➤ **Asian Kitchen, Jebel Ali Recreation Club**

Pan-Asian restaurant, Asian Kitchen has opened a second location at Jebel Ali Recreation Club. Sister to Asian Kitchen on Palm Jumeirah, the new restaurant in Jebel Ali offers a casual dining experience that blends the flavours and aromas of Asia. The menu features dishes straight from the streets of India, Vietnam, Thailand and China with an array of flavourful soups and pho, signature bites, noodle and rice dishes, aromatic curries and a selection of fiery tandoori recipes. Expect Asian specialities on the menu like haahi Masala Kingfish, Palak Paneer, Dal Tadka, Kung Pao Chicken, Mongolian Beef, Lamb Rogan Josh and Amritsari Chicken. Call 04-4595190 or e-mail info@asiankitchen.ae.

➤ **Farzi Café, Mall of the Emirates**

Farzi Café, the modern spice bistro by Zorawar Kalra, has opened doors to its second Dubai outlet within Mall of the Emirates. Farzi Café offers guests a high-energy gourmet experience, amalgamating traditional global and Indian classics and infusing dishes using innovative techniques, molecular alchemy and creative presentations. On the menu, find Indian classics with a twist such as Chili Spiked Beef Kulcha; tandoori kulcha stuffed with cheese and beef keema served with mint chutney and bell pepper dip and Raj Kachori, Crisp Okra Salad, Chutney Foam; crispy semolina shell stuffed with tangy pumpkin, sweetened yoghurt and mint chutney served with okra salad and chutney foam, plus much more. Farzi Café is located on the second floor of MOE, near VOX Cinema. Call +97143359539 or e-mail customercare.moe@farzicafe.ae.



Netsu, Mandarin Oriental
Jumeira, Dubai

Text by SOPHIE VOELZING | Photographs SUPPLIED



👉 **Distillery, Souk Al Manzil, Manzil Downtown Dubai**

Bringing an after-hours vibe to Downtown Dubai, Distillery is a new gastropub and late-night bar that has opened doors at Souk Al Manzil in Downtown Dubai. Serving up a cornucopia of moreish gastropub dishes, guests are guaranteed to waddle out with a food coma. Distillery's diverse menu will feature hearty bursts of international flavours with a focus on comfort dishes. Expect gourmet burgers, meat with a focus on premium secondary cuts, and remixed classic gastropub grub. Call 04-3298899, e-mail Reservations@distillerydubai.com or visit on Instagram @distillerydubai.



👉 **Bread Street Kitchen, Atlantis The Palm**

Celebrate Father's Day on June 16 with a classic roast lunch at Bread Street Kitchen, complete with a classic British trifle to finish, on the house. Available on Sunday, June 16 from 12pm – 3.30pm, the Father's Day special is priced at Dhs135 per person for the Bread Street Kitchen roast, including complimentary trifle. E-mail restaurantreservations@atlantisthepalm.com or call 04-4262626.

BRUNCH IS BACK

3 new seasonal brunches to try!



👉 **The Grand Bazaar Brunch at Ruya, Grosvenor House**

Ruya's Grand Bazaar Brunch re-launches on June 7 and will continue to take place every Friday moving forward. Guests are invited to indulge in a culinary journey through the eclectic menu with classic Anatolian cuisine featuring an array of house favourite dishes. Ruya's 360-degree bar, The Mekan Lounge, serves an enticing

selection of innovative signature drinks to compliment the cuisine, inspired by the rich culture and history of Anatolia. Panoramic views of the Dubai Marina provide a backdrop as DJ Rafael Becker sets the scene for a buzzing and vibrant afternoon. Brunch packages start at Dhs299 with soft drinks. Every Friday, 12.30pm – 3.30pm. Call 04-3999123 or e-mail info@ruyadubai.com.



👉 **Brunch 105 at La Cantine du Faubourg, Jumeirah Emirates Towers**

Since Brunch is all about family, friends and fantastic food, La Cantine du Faubourg is hosting its Brunch 105 every Saturday from 12pm to 6pm, and is suitable for the whole family. Step in a Parisian bedroom setting and experience a chic Saturday afternoon. Make the most of your weekends and try the brunch delicacies, from the wide selection of pastries, eggs, signatures and sweets. Served a la table, choose your preferred dishes from the brunch menu, along with beverages. Pick up the all-inclusive package of your choice starting from Dhs265, including of mocktails, fresh juices, soft drinks and hot beverages. Be ready to enjoy a vibrant atmosphere with live entertainment and DJ. Call 04-3527105 or e-mail Book@lacantine.ae.



👉 **The Loft Caviar Brunch at The Loft, Dubai Opera**

Kick-starting again on June 14, The Loft Caviar weekly Friday brunch is back with a summer twist. The Loft at Dubai Opera restaurant and bar serves chef-driven brasserie fare and will be offering an ephemeral respite from the scorching summer heat inside the restaurant's expansive indoor space. Bringing experiential dishes to the forefront, guests can expect rare seafood, an array of hand-picked oysters and a caviar station, homemade ice cream, seasonal fruits, and more – all paired with upbeat sounds from a live violinist and DJ. Inspired by a quintessential European summer spread, the dishes include a selection of oyster

and ceviche, mushroom risotto infused with truffle, seafood and meats, cheese and cold cuts, refreshing summer drinks and much more. Brunch packages start at Dhs395. Every Friday, 12pm – 4pm. Book at reservations@loftatopera.com.

OPA Dubai, Fairmont Dubai

After opening only in December 2018, the popular Greek restaurant OPA has proven to enchant audiences with its Aegean dishes and plate smashing entertainment. Offering the most sumptuous of Greek flavours, the restaurant has recently added a brand-new dish to the menu destined to become a favourite, the OPA Lahmajoun. Savour the flavours of minced lamb in this unique take on the classic Mediterranean dish, fused with Greek essences to delight all tastes. With succulent tomato, spices, creamy Greek yogurt and roasted pine-nuts, this tasty dish is perfect for sharing. Enjoy alongside starters, melt in your mouth mains and decadent desserts. With ingredients sourced directly from Greece, not to mention the traditional zorba dancing and plate breaking sensations, at OPA you will feel like you've walked right in to the Greek Islands. The OPA Lahmajoun is available now, daily from 7pm - 1am. Call 04 357 0557 or email reservations@opadubai.com for reservations.



P.F. Chang's, various locations

P.F. Chang's introduced the world to its made-from-scratch Asian cuisine in 1993. Twenty-six years later, the company has more than 300 locations across the globe. As part of its 10th anniversary celebrations in the Middle East, the brand will go through a multidimensional revamp that will redefine the P.F. Chang's dining experience in the region - including everything from the food and cutlery, to décor and uniforms. Launching a variety of new dishes and an interactive new dining menu that is tech friendly, diners at P.F. Chang's can scan a QR Code with their phones to unlock videos of new dishes, interactive games for children, and facts about dishes on the menu. P.F. Chang's core popular items on the menu will still be available, however, an array of new dishes will be introduced. On the menu will be more salads and vegetarian options, kids bento boxes, new beef, duck and seabass dishes, chef's crab cakes, and the best one; a larger version of the dynamite shrimp, which has proven to be the most popular menu item in the Middle East. Visit pfchangs.com.

Jumeirah Messilah Beach Hotel & Spa, Kuwait

If you are looking for an escape and have eyes on a memorable stay closer to home in the Arabian Gulf, make Jumeirah Messilah Beach Hotel & Spa, Kuwait's idyllic resort, the destination of choice for you and your family. The resort boasts seven dining concepts including cafés and lounges, from seafood at Salt Seafood & International Restaurant known for its romantic ambiance, to premium steaks and prime cuts in the eclectic Pepper Steakhouse Restaurant or the authentic tastes of Italy's celebrated gastronomy in Olio Italian Restaurant. A complete experience of local and international flavours also awaits in Garden Café's all-day dining venue, with themed nights every week. Middle Eastern cuisine can also be savored at Arabesque Café with a range of shisha flavors on offer at the terrace. Sweets and savories accompanied by exotic and exquisite teas are offered amidst the calming ambiance of the Tea Lounge. Call +965 2226 9600.



JA The Resort, Jebel Ali

JA The Resort in Jebel Ali is offering UAE residents the chance to eat for free until September 30, 2019. Dine and drink once in any of the seven restaurants and whatever you spend, you'll get a voucher of the same value to come back again and spend on your favourite food. Indulge in a hearty meal of flame-grilled meats, Mexican bites and signature steaks at Shooters in the JA Shooting Club. Claim your 100% money back voucher and next time bring your date to White Orchid, the pan-Asian signature restaurant of JA Palm Tree Court with Chinese, Japanese and Thai specialties and a traditional Teppanyaki table for a lively, interactive experience. Take the girls on a staycation and treat yourself to pizzas and all-day drinks at Captains Restaurant, then claim a voucher for all your money back and give the guys a gift of a hearty lunch at Sports Café - a traditional sports bar showing live sports action combined with relaxing marina views. Visit jaresortshotels.com.



Urban Bar & Kitchen, Mövenpick Hotel JLT

JLT's favourite Urban Bar and Kitchen, otherwise known as [u]bk is switching things up this month, by introducing its summer tent and new karaoke booth - an addition to its 'FunZone' that boasts a PlayStation booth. The Summer Tent brings the funky garden feeling inside during the hotter months and will see customers relish [u]bk's cuisine. The new menu is now available, and guests will be able to enjoy a summer discount on the Urban brunch for Dhs225. Call 044380000.



Prime68, JW Marriott Marquis Dubai

Take advantage of the Early Bird Offer at Prime68 steakhouse and enjoy chef's selection of signature dishes paired with sunset views from the world's tallest 5-star hotel. Available daily from 6pm to 7pm, the early bird offer is priced at just Dhs200 per person for a three-course set menu. Call 04-4143000.

SUMMER SPECIAL

MEAL PLAN OFFERS

*Valid until 31st of July 2019. Only for new sign ups.

SAVE UPTO **20%**

Bespoke - 20% off

Monthly full plan - 10% off

14 days Detox - 15% off



EAT WELL & STAY HEALTHY

Maintaining a healthy lifestyle this summer made easy with eat well's customized meal plans designed for your daily nutritional needs.



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#BeHappyBeWellDubai

Eat out Abu Dhabi

Dining deals and happenings in the capital this month.



HAKKASAN ABU DHABI, EMIRATES PALACE

With a focus around health and vitality this June during Global Wellness Month, Hakkasan Abu

Dhabi has introduced four specialty menus that cater to vegetarian, dairy free, gluten free and shellfish free dietary requirements, for those with intolerances or those simply seeking healthier dining choices. The menus will be available all year and ensure guests are able to enjoy Cantonese cuisine regardless of dietary restriction.

Key highlighted dairy free options include Peking duck, abalone mango salad, braised dried seafood treasure, supreme dim sum platter, king oyster mushroom and vegetable spring roll. Vegetarians can delight from selections, such as vegetarian steamed dim sum platter, tofu and aubergine claypot in black bean sauce and signature dessert. Those who prefer gluten free dishes can indulge in fried soft-shell crab, braised superior seafood soup, or the charcoal grilled Canadian lobster. The shellfish free menu features grilled vegetarian Shanghai dumpling, Jasmine tea smoked wagyu beef ribs and crispy duck salad. Call +971 2 690 7739, or e-mail hakkasan@emiratespalace.ae.



VILLA TOSCANA, THE ST. REGIS ABU DHABI

This June, the Mozzarella Festival returns to Villa Toscana to offer some of the best Italian mozzarella from the north to the

south of Italy during an interactive evening with the Villa Toscana family. Some of the types of cheese to be showcased on the menu at Villa Toscana include Straciatella, Ciliegini Mozzarella, Bocconcini, Nodini, Treccia, Sfoglia, Burrata, Scamorza and the more common Buffalo Mozzarella. Available from June 20 – 29, daily from 7pm to 11pm. Priced at Dhs160 per person including a selection of unlimited mozzarella and cheeses. E-mail restaurants.abudhabi@stregis.com, call 02 694 4553 or visit villatoscana-abudhabi.com.



THE SCENE BY SIMON RIMMER, YAS MARINA, YAS ISLAND

Celebrated UK chef Simon Rimmer is well known for creating British classics with twists at The Scene – it's where to go when you fancy gastropub classics, done right. The menu has recently undergone a revamp to include all the usual favourites like roasts, curries and burgers, however there's now a 'lighter' section including dishes like a 'skinny' fish and chips, a superfood salad, homemade burgers, gluten-free options and more. Call 050 797 0331.



BLOOM VEGAN KITCHEN, DELIVERY SERVICE

Newly opened BLOOM Vegan Kitchen opened doors in Dubai recently, however, started delivery service to Abu Dhabi late last month through Uber Eats.

Offering tasty plates which are all 100% vegan-friendly and served in packaging which is 90% recyclable, BLOOM is an environmentally conscious brand that specialises in fresh and healthy homemade dishes.

Highlights on BLOOM's menu include nutritious breakfast plates like hummus veggie toast, colourful quinoa bowls, huge mushroom burgers and more.

Each meal is delivered within 30 minutes, and the company also offers catering services for private functions and corporate events. To find out more, visit bloomvegankitchen.com or place an order through Uber Eats.



SUMMER DINING

Delight in three award-winning restaurant concepts and an All-Out Brunch this summer at Amwaj Rotana, Jumeirah Beach, Dubai

Ideally located along Dubai's leisure strip, The Walk, Jumeirah Beach Residence, Amwaj Rotana features three award-winning dining concepts that are perfect to try out this summer.

JB's Gastropub

Fronting the Jumeirah Beach Residence, JB's is a lively venue promoting convivial spirit while offering its guests a menu of authentic Anglo-American favourites with a modern touch. From sharing platters, sausage by the meters, smoked meats, artisanal cheese each guest is guaranteed to find a meal that will appeal to their taste buds. Those looking for an easy wash down at anytime of the day can choose from an extensive drinks menu.

Entertainment is guaranteed with the new live DJ every week from Tuesday to Thursday. With daily happy hour, special deal days on food and beverages and good tunes, guests can enjoy JB's as an avenue for good food, good drinks and good fun.

Rosso – Bar, Enoteca and Ristorante

Located on the hotel's terrazza, this Italian restaurant serves the finest breadth of international beverages and Italian cuisine in an atmosphere of casual elegance. Presenting a new menu, Rosso offers guests a chance to sample true contemporary Italian dishes such as fresh homemade pastas, risotto and pizza. At the Enoteca, guests can enjoy a selection of refreshing beverages as they relax at the bar. Throughout the week, enjoy happy hour deals as well as the All-Out Brunch hosted every Friday and brings together cuisines from all the hotel's restaurants under one roof.

Benihana – Seafood and Sushi

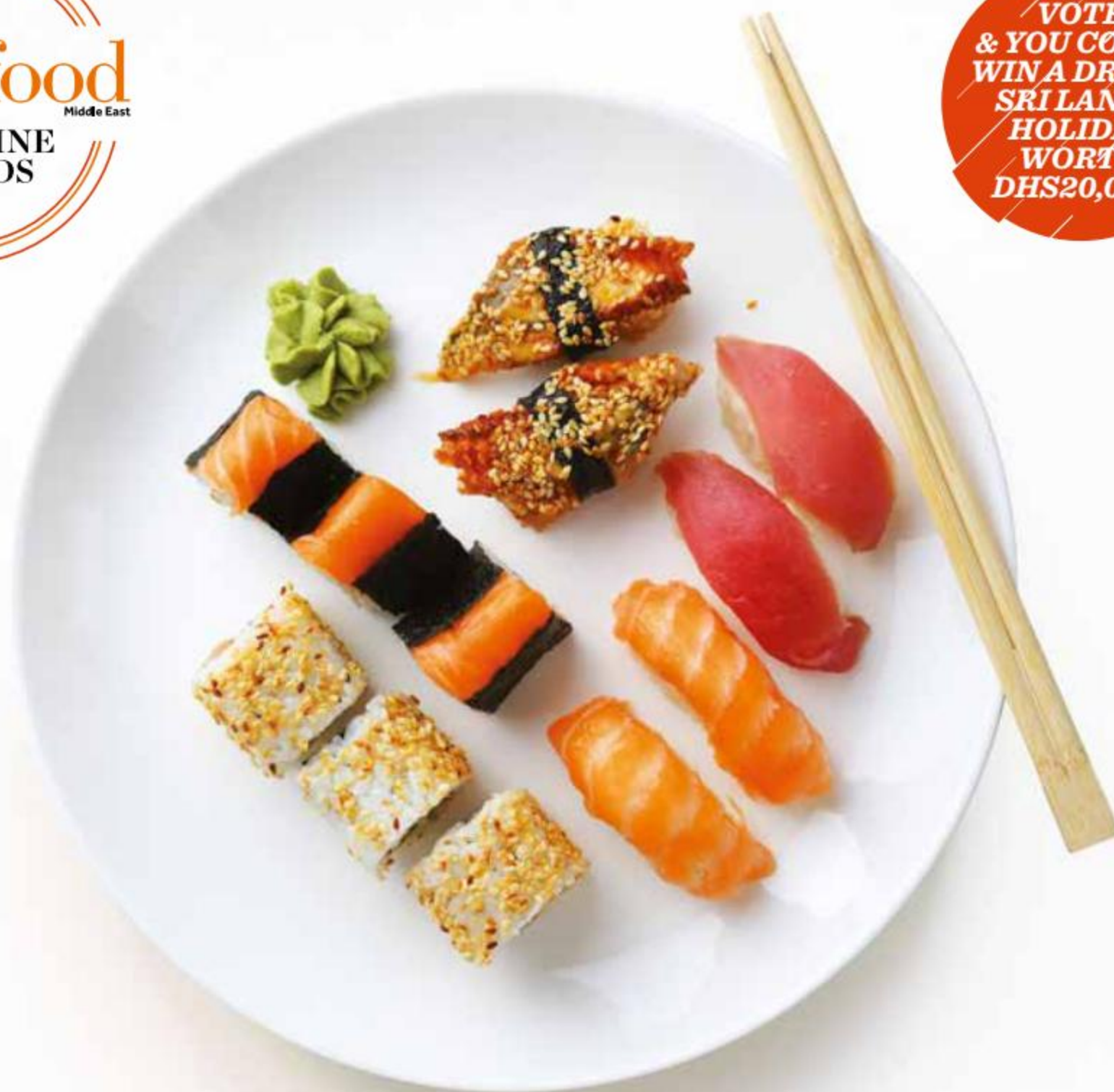
A meal is a staged experience at this world-famous American Japanese restaurant. Benihana, well known for Teppanyaki, allows guests to choose from a menu of fresh seafood, chicken, steaks and garden vegetables that is prepared by the skilled chefs as they perform at the Teppanyaki table. Foodies are in for a treat every week with themed nights such as the Tuesday Hiro night comprising of a spread of sushi, makis, sashimi and tempura served in buffet and a la carte style as well as special Teppanyaki lunch and dinner offer on Saturday and Sunday respectively.

All- Out Brunch

At the All-Out Brunch, eat like a king, drink like a fish and brunch like there is no tomorrow.

Taking place every Friday, enjoy a four-hour brunch featuring over 100 dishes from the kitchens of the hotel signature restaurants: Rosso, Benihana, JB's Gastropub and Horizon.

Hosted on the largest outdoor terrace on JBR during the cooler weather and indoors during summer, guests can enjoy 10-live stations for savoury and sweets alike, numerous bars, food from JB's food truck and live Teppanyaki Experience at Benihana. Kids' can stay happily entertained with activities like face painting, balloon sculpting and their own kids' buffet.



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Tried & tasted

Each month, we review one of the city's top tables.

Reviewed by Glesni Holland

Where?

THE TERRACE ON THE CORNICHE, THE ST. REGIS ABU DHABI

Dining experience: Friday brunch

What's it like? To say that The Terrace on the Corniche is The St. Regis Abu Dhabi's all-day dining restaurant, you certainly wouldn't think that upon arriving for the Friday brunch offering at this luxurious resort. The brunch experience begins in the hotel's self-titled bar at 12:30pm, where large leather arm chairs and a mahogany bar area add to the venue's classy, old-fashioned library feel. Here, we're welcomed with a 30-minute drinks reception, where guests are encouraged to sit-back, relax and socialise with other diners ahead of the main event at 1pm. I'm a huge fan of this laid-back introduction to the afternoon, as it slows down the furore that is normally involved in getting to brunch on time and being in your seats precisely when the clock strikes the hour, to ensure you're not missing out on any of the action.

What are the food highlights? The Terrace on the Corniche serves up a lavish buffet for its Friday brunch diners, and an extensive number of colourful dishes and elaborate cuisines catch my eye as we make our way through the main dining area to our table outdoors.

We begin with a selection of small appetisers, with highlights including the watermelon feta salad (a fool proof combination, in my opinion), a juicy prawn cocktail, beetroot hummus and seared smoked salmon. Next up, we begin our tour of the live cooking stations, where fresh pasta is prepared



in front of our eyes and tender roast meats, including parmesan crusted roast beef, salt-crusted salmon and roasted prime ribs, are served at the carvery station with all the trimmings. At the mains counter, don't miss the seabass roulade – tender, flaky fish filled with a rich cheese sauce, which goes perfectly with the potato gratin if you're after the ultimate indulgent dish. Lamb chops and fillet steaks are also available and cooked on request – mine was seared perfectly for my preferred medium-rare cooking style.

A few courses in, and we're beginning to feel quite full – and the idea of heading back to the buffet seems daunting. To our delight, small servings of delicious dishes – including scallops, foie gras and mushroom risotto are all brought to our table in relatively quick succession.

Remember to save room for dessert, as you won't want to miss sampling a selection of treats from the dedicated dessert and cheese rooms before you leave. Head back towards the St. Regis Bar for an impressive selection of sweet treats and live cooking stations on



offer, including freshly made American pancakes and waffles. Highlights include the solid chocolate logs, donut trees and free-flowing chocolate fountain, with an expansive pick'n'mix section for dipping.

How was the service? Staff at The Terrace on the Corniche don't falter from the high-class service that you'd expect at a venue as grand as The St. Regis. Waiters and chefs alike are extremely accommodating and are on hand to offer us recommendations throughout the brunch.

The bottom line:

For a buffet brunch, The Terrace on the Corniche ticks the boxes in delivering a great selection of well-executed and thoroughly enjoyable dishes. What's more, despite the hotel's grandeur, this Friday brunch is surprisingly laid-back, making it the ideal option for families or those looking for a quieter afternoon in the capital.

Want to go?

Brunch packages start from AED 345 inclusive of soft beverages. For reservations, please email restaurants.abudhabi@stregis.com or call 02 694 4553.

A chef with a beard and short brown hair, wearing a white chef's coat, stands in a kitchen. He is holding a large, dark cleaver in his right hand. Behind him, several large pieces of meat, including what appear to be lamb legs and other cuts, are hanging from metal hooks. The background is a wall of light-colored tiles.

Tom's Abu Dhabi expansion

Chef Tom Aikens gives us the low-down on his three new restaurants at the Abu Dhabi EDITION. **By Sophie Voelzing**



One of the UK's most acclaimed British chefs, Tom Aikens recently broadened his culinary scope in the UAE, with the opening of three restaurants at the newly-launched Abu Dhabi EDITION.

Tom, who already has a restaurant at Dubai's beachfront destination, Jumeirah Beach Residence called Pots, Pans & Boards, is now the chef who oversees Oak Room, Alba Terrace and Market in Abu Dhabi.

Outside of the UAE, Tom's career so far has been incredibly



accomplished in the culinary world – seeing him become the youngest British chef to earn two Michelin Stars. He's worked at David Cavalier's in Battersea, Pierre Koffman's La Tante Claire, Joel Robuchon in Paris, Gerard Boyere's in Riems, and the famed Pied-à-Terre before going on to open his immensely successful eponymous restaurant, Tom Aikens (2003-2014), which won a Michelin star and rising 2 star in 2009.

Tom currently has three Tom's Kitchen sites: the Chelsea original, which opened in 2006, Canary Wharf (2013), and the first UK site outside of London opened in Birmingham's The Mailbox in December 2016. There are also two Tom's Kitchen Delis, adjacent

to the restaurants in Canary Wharf, and Birmingham.

In addition to being a cookbook author and regular guest on Great British Menu and Great British Bake Off's The Extra Slice, Tom is dedicated to serving only the highest quality, ethically sourced ingredients and continually supports The Environmental Justice Foundation to raise awareness of illegal 'pirate' fishing and diminishing fish stocks.

Here, he tells of how his journey in the kitchen got started, and how it brought him here to the Middle East...

How did your career as a chef begin?

For as long as I can remember – probably the age of 8 or so – my twin brother and I would help my mother out in the kitchen. She would involve us in making cakes and home baking, or just weighing things out – we were always on hand to help to lick out the occasional sticky raw cake mix that was left in the bottom of the bowl! I have a very real memory of her making milk bread. Sometimes I think it was just a dream as the smell was so incredible.

Living in Norfolk we had a large back garden where we grew a lot of our own fruit and vegetables; so from an early age I understood a little about seasonality and that great produce does not grow all year around, but is very much predicted by the weather and season. We grew lots of soft fruits (strawberries, gooseberries, blackberries) for making jam although most often we wanted to see how much my twin and I could stuff into our faces without my mother seeing.

There was a lot of toing and froing from the garden to the kitchen and back. I loved digging in the garden for fresh vegetables and seeing things grow and come to life, it was a very blissful time. I must have been approximately 13 years old when I seriously decided to become a chef. I was terrible at school and knew that I did not want to be stuck in an office behind a desk. As a result, I left

GET TO KNOW CHEF TOM

Favourite country to eat in? Spain

Your 'go-to' meal? Simple grilled fish with olive oil and freshly squeezed lemon

Three ingredients always in your cupboards? Maldon salt, olive oil, Jasmin tea



school at 16 and enrolled at Norwich City College Hotel School, one of the best catering college in the UK. An Advanced Catering Diploma later, I went straight to London and sent my (small) CV to about 30 different hotels and restaurants. Everyone came back with the same answer "sorry not enough experience, try again in three years' time". Finally, David Cavalier was the first one to give me a commis position in his Michelin-starred restaurant in Battersea, London. I had to work for free for the first six months before he would give me a job so I had to prove that I was good and hungry enough for it. I then went onto work with a whole host of different chefs in London and France, including Pierre Koffmann in London, Joel Robuchon in Paris and Gerard Boyers in Reims. At the age of 26 I had the great honour to become the youngest British chef to be awarded two Michelin stars.

How would you describe your cooking style?

Being proudly English but having been trained by amazing French chefs, I tend to cook a mix of seasonal traditional British and also some French classics with creative twists, but always with seasonality at the forefront.

What attracted you to partner with the EDITION to open restaurants in Abu Dhabi?

They are an amazing hotel group and they are one of the leaders of hotel

hospitality when it comes to service and food.

Tell us about the dining experiences that can be expected by diners to your new restaurants at the Abu Dhabi EDITION...

I was given a generalised brief on what was required from the management team of EDITION, I then created the three concepts from the information that they gave me, the three outlets are very different one is inspired from the Mediterranean called Alba Terrace. The informal yet informed British rock 'n' roll steakhouse is called Oak room. Then the all-day dining restaurant, Market is an outlet that is focused on well-being and healthy eating, and has taken inspiration mainly from Asia. When looking at each of these concepts I had to make sure that they stood out from what else was on the restaurant scene in Abu Dhabi. We had to make sure that what we were doing was way above anything else in terms of the quality, originality and value to what else was already available.

Alba Terrace is based on Mediterranean style cooking inspired from the southern area of France in Provence and the coastal towns of Southern Italy. It's very light, simple food that showcases great produce,

“
At the age of 26 I had the great honour to become the youngest British chef to be awarded two Michelin stars.
”

expect traditional homemade pasta dishes like a beef ragu with truffle and garlic and salsa verde, or a prawn and courgette risotto with pistachio, a selection of great pizza, a lovely Mediterranean salad of raw courgetti, fennel, feta and piquillo pepper is a must to try. The black leg chicken cooked in a salt crust is also a must, as is the lovely tuna tartar with haricot vert, shallots and green olives. Some delicious desserts like the tarte tropizanne, a

baked cheesecake with lemon confit and sour cream ice-cream are also a must.

Oak Room is a British rock 'n' roll steakhouse with a British chef. We are offering a wide selection of steaks from all over the world, including Iberico from northern Spain, John Stone beef from Ireland, wagyu from Australia, Prime USDA from America, and Kobe from Japan. We also are showcasing our beef in a glass fronted chiller cabinet. We have a butcher who does all the beef preparation and then in service time he explains to the guests all the various different cuts of beef that we have, before carving it tableside. There are many British ingredients used from treacle and Marmite, which is used in the slow-



cooked short rib of beef. A classic beef tartar with watercress, pickled shallots, carrots and a parsley mayonnaise, seared scallops with piccalilli and curried flavours. Then some delicious British puds like sticky toffee pudding made with lots of dates, Eaton mess is a tower of seductiveness of vanilla whipped cream, strawberry coulis and fresh raspberries and strawberries layered up with crispy meringue. Then on the Saturday Brunch we have added a roast selection combined with a Bloody Mary trolley which is going to be awesome.

Market restaurant is inspired by healthy eating with great fresh produce. I wanted to give our guests really delicious healthy food, as most people think healthy food is boring and unsatisfying. There are lots of different flavours and methods of cooking that we use, like pickling, fermenting, brining and curing on this menu. This all helps to get the very best taste out of the vegetables. The style of cooking is focused on an Asian-style, from Korea and Japan, with lots of delicious salads, raw foods, poké bowls, broths, vegan and



vegetarian burgers, from a prawn and sustainable tuna burger, that are served in vegetable-based brioche buns, like spinach kale and spirulina, beetroot and cardamom, or an activated charcoal bun. We also do healthy pizzas with the base made from activated chia seeds and grated cauliflower. Not forgetting healthy desserts like matcha teacake with a green tea and yoghurt ice cream, chocolate and avocado mousse with yuzu ice and a chocolate and coconut foam. For me the must-try dishes are definitely the different burgers served in market restaurant. Our green earth burger is a chickpea and shiitake patty with aubergine relish, grilled piquillo pepper, halloumi, muhammara and grilled avocado.

What are your thoughts on the Middle East's F&B scene? Do you have any favourite spots to dine at in Abu Dhabi or Dubai when you're in town?

I have eaten at many places in Dubai and as it's always changing I try to eat at different places each time I visit. I really like Ruya at Grosvenor House, 3 Fils, Lima at City Walk, the newly-opened All'Onda the new Emerald Palace Kempinski Hotel, then in Abu Dhabi I think that Tasha's Café is great and Butcher & Still.

Do you have any other expansion plans to come in this region?

No not as yet.

What are some of your signature, 'must try' dishes that you'd recommend ordering at the Edition?

The selection at Market is broken down into three menus, breakfast, lunch and dinner. At breakfast, we have a great range healthy drinks and smoothies like the coco verde with spinach, pineapple, apricot, kale, coconut and cucumber. The acai super fruit bowl with banana, coconut shavings and goji berries is a great options, as is the mezze breakfast, which has baked sumac egg, raita, peppers, feta, baba ghanoush, mechouja and avocado. My favourite breakfast dish is the buckwheat & wholemeal crepe with Swiss cheese, spinach, ricotta, fried egg and pumpkin seeds.

For lunch, expect items like buddha bowls and salads. I'd recommend the sprouts or life bowl with shio koji, cucumber, pumpkin seeds, furikake, edamame, dashi mayo and wakame salad.

The Oak Room is open for dinner only and menu favourites of mine include the bread as it's a marmite and treacle sour dough with marmite butter, for starters, the scallops, beef tartare or beef consommé are a must, then for mains the barbecue chicken, cote de boeuf for two, or the glazed short ribs are all delicious options.

Then at Alba Terrace, my favourite dishes are the bream ceviche, Mediterranean salad, fried calamari, lamb cutlets, beef ragu, and prawn & courgette risotto. For desserts, don't miss the baked cheesecake or pavlova.

To find out more about Tom Aikens, follow him on Instagram @tomaikens

For more information about Abu Dhabi EDITION, call 02 208 0000, or visit editionhotels.com/abu-dhabi/. For restaurant reservations, e-mail restaurantreservations.auh@editionhotels.com.



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20-minute meals

easiest ever midweek meals

Whip up fresh, tasty dinners with these clever, satisfying suppers that you can have on the table in no time

recipes ESTHER CLARK

photographs STUART OVENDEN

Sardines & peperonata on wholemeal toast

SERVES 1 **PREP** 10 mins

COOK 2 mins **EASY**

1 tbsp extra virgin olive oil
½ tbsp red wine vinegar
1 large red pepper from a jar, thinly sliced
1 small shallot, thinly sliced
½ tbsp capers
½ small garlic clove, finely sliced
½ small bunch basil, shredded
2 slices wholemeal bread
120g can sardines in olive oil, drained

■ Whisk the oil and vinegar in a bowl. Mix in the pepper, shallot, capers and garlic. Toss with half the basil and season to taste.

■ Toast the bread until crisp and golden. Top with the peperonata and large chunks of the sardines. Finish with the remaining basil and a good grind of black pepper.

GOOD TO KNOW calcium • fibre • iron • omega-3
• 2 of 5-a-day

PER SERVING 513 kcal • fat 25g • saturates 5g •
carbs 38g • sugars 5g • fibre 6g • protein 30g • salt 4g

Crispy chilli turkey noodles

SERVES 4 **PREP** 5 mins

COOK 15 mins **EASY**

2 tbsp sesame oil
500g turkey mince
5cm piece ginger, grated
1 large garlic clove, crushed
3 tbsp honey
3 tbsp soy sauce
1 tbsp hot sriracha chilli sauce
350g dried udon noodles
2 limes, juiced, plus wedges to serve (optional)
2 large carrots, peeled and cut into matchsticks
4 spring onions, shredded
1 small bunch coriander, sliced (optional)

■ Heat 1 tbsp oil in a large non-stick frying pan over a high heat. Once hot, add the turkey mince to the pan and fry for 10-12 mins until golden brown and crispy, breaking up the meat with a wooden spoon as you go. Add the ginger and garlic to the pan and cook for 1 min. Stir in the honey, soy and chilli sauce and cook for 2 mins.

■ Meanwhile, bring a large pan of water to the boil, add the noodles and cook following pack instructions. Drain and toss the noodles with the remaining 1 tbsp oil and all the lime juice, then divide between bowls. Top with the crispy turkey mince, carrot, onion and coriander. Serve with extra lime wedges for squeezing over, if you like.

GOOD TO KNOW low fat • 1 of 5-a-day

PER SERVING 566 kcal • fat 8g • saturates 1g
• carbs 83g • sugars 19g • fibre 2g • protein 40g
• salt 3.9g





Green bean parsley pesto gnocchi

SERVES 4 **PREP** 10 mins

COOK 3 mins **EASY** **V**

100g flat-leaf parsley, leaves only
1 garlic clove
40g cashew nuts, toasted
120ml extra virgin olive oil
40g grated parmesan or vegetarian alternative, plus extra to serve
1 lemon, zested
500g bag gnocchi
450g green beans, halved

■ Roughly chop the parsley leaves and whizz in a food processor with the garlic, nuts and oil to a smooth consistency. Transfer to a bowl and stir through the parmesan and lemon zest, season and set aside.

■ Bring a large pan of lightly salted water to the boil. Add the gnocchi and beans, and boil for 2-3 mins or until the gnocchi floats to the top of the pan. Drain and toss the gnocchi and beans with the pesto, then divide between four bowls. Finish with a little extra shaved parmesan, if you like.


GOOD TO KNOW calcium • folate • fibre • vit c •
1 of 5-a-day

PER SERVING 578 kcs • fat 39g • saturates 7g •
carbs 41g • sugars 5g • fibre 9g • protein 12g • salt 1.3g



Tarragon, mushroom & sausage frittata

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** 

1 tbsp olive oil
200g chestnut mushrooms, sliced
2 pork sausages
1 garlic clove, crushed
100g fine asparagus
3 large eggs
2 tbsp half-fat soured cream
1 tbsp wholegrain mustard
1 tbsp chopped tarragon
mixed rocket salad, to serve (optional)

■ Heat the grill to high. Heat the oil in a medium-sized, non-stick frying pan, add the mushrooms and fry over a high heat for 3 mins. Squeeze the sausagemeat out of their skins into nuggets, add to the pan and fry for a further 5 mins until golden brown. Add the garlic and asparagus and cook for another 1 min.

■ Whisk the eggs, soured cream, mustard and tarragon in a jug. Season well, then pour the egg mixture in to the pan. Cook for 3-4 mins, then grill for a further 1-2 mins or until the top has just set with a slight wobble in the middle. Serve with the salad leaves, if you like.

GOOD TO KNOW folate • 2 of 5-a-day

PER SERVING 433 kcals • fat 32g • saturates 10g • carbs 8g • sugars 3g • fibre 4g • protein 25g • salt 1.5g





Coronation prawns on toasted naan

SERVES 1 PREP 8 mins

COOK 3 mins EASY

2 tsp mild curry powder
1 tsp ground turmeric
½ x 400g can chickpeas, drained
60g cooked king prawns
2 tbsp fat-free Greek yogurt
1 tbsp mayonnaise
1 tbsp mango chutney
½ small bunch coriander, chopped
½ large garlic naan bread
15g flaked almonds, toasted

■ Heat a small frying pan over a high heat, add the curry powder and turmeric, and toast for 1 min. Rinse the chickpeas under cold water, then pat dry with kitchen paper. Put in a bowl with the prawns, yogurt, mayonnaise, mango chutney, toasted spices and coriander. Mix everything together until well combined and season to taste.

■ Cut the naan bread in half and toast in a toaster or under a grill for 1-2 mins. Top with the prawn and chickpea mixture, then finish with the flaked almonds.

GOOD TO KNOW calcium • fibre • iron • 1 of 5-a-day
PER SERVING 850 kcals • fat 44g • saturates 4g •
carbs 70g • sugars 14g • fibre 11g • protein 39g •
salt 2.5g

Halloumi & quinoa fattoush

SERVES 4 PREP 7 mins

COOK 10 mins EASY V

2 brown pittas, torn into pieces
5 tbsp olive oil
2 lemons, juiced
1 garlic clove, crushed
250g block halloumi, sliced
250g microwavable pouch quinoa
350g medium tomatoes, quartered
1 large cucumber, halved, deseeded and sliced
4 spring onions, sliced
½ small bunch mint, chopped
½ small bunch dill, roughly chopped

■ Heat the grill to high. Toss the pitta pieces with 1 tbsp oil and spread out onto a baking sheet. Grill for 3-4 mins, turning

halfway, until golden and crisp. Set aside to cool.

■ Meanwhile, whisk together the remaining oil with the lemon juice and garlic, then season. Heat a large griddle pan or non-stick frying pan over a high heat and cook the halloumi for 1-2 mins on each side or until lightly charred.

■ Cook the quinoa following pack instructions, leave to cool, then toss with the tomatoes, cucumber, spring onion, most of the fresh herbs and the dressing. Season to taste. Tip onto a serving plate and top with the halloumi, pitta and remaining herbs.

GOOD TO KNOW calcium • folate •
fibre • vit c • 2 of 5-a-day
PER SERVING 542 kcals • fat 32g •
saturates 13g • carbs 37g • sugars 6g •
fibre 7g • protein 23g • salt 2.2g



Chicken & pistachio salad

SERVES 2 **PREP** 10 mins **COOK** 7 mins **EASY**

2 large eggs
 2 tbsp extra virgin olive oil
 1 large lemon, zested and juiced
 2 tbsp natural yogurt
 1 large skinless cooked chicken breast fillet
 40g mixed olives, halved
 40g sundried tomatoes
 small bunch basil, chopped
 3 Little Gem lettuces, leaves separated
 30g pistachios, roughly chopped and toasted

■ Bring a large pan of water to a simmer. Add the eggs and cook gently for 7 mins. Remove with a slotted spoon and transfer to a bowl of cold water. Once cooled carefully peel off the shell and slice each egg in half.

■ Meanwhile, whisk the oil with the lemon zest and juice and yogurt, and season well. Shred the chicken and toss with the olives, sundried tomatoes, basil and lettuce. Pour in the dressing, season and toss together.

■ Divide the salad between two bowls and top with the egg halves and pistachios.

GOOD TO KNOW calcium • folate • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 521 kcal • fat 30g • saturates 6g • carbs 19g • sugars 16g • fibre 10g • protein 37g • salt 1.3g

4 ideas for

granola

Enjoy granola for breakfast, as a quick dessert or even sprinkled over a soup

recipes ESTHER CLARK photography MELISSA REYNOLDS-JAMES

Fruit & nut granola

SERVES 8-10 PREP 10 mins COOK 40 mins EASY V

Heat oven to 180C/160C fan/gas 4. Toss **350g jumbo oats** with **1 heaped tsp cinnamon**, **125g mixed nuts** and a **pinch of salt** in an oven tray. Stir through **75g melted unsalted butter** or **coconut oil** (for a vegan version) and **70g maple syrup**. Put in the oven for 35-40 mins or until golden brown, stirring halfway. Allow to cool down completely, then stir through **125g mixed dried fruit** before storing (see tip, right). Serve with milk, yogurt or sprinkled on porridge.

GOOD TO KNOW vegan

PER SERVING (10) 325 kcal • fat 15g • saturates 5g • carbs 38g • sugars 13g • fibre 3g • protein 8g • salt 0.1g

Crunchy & nutty



Banoffee pecan granola

SERVES 15 PREP 10 mins COOK 40 mins EASY V

Heat oven to 180C/160C fan/gas 4. Toss together **350g jumbo oats**, **120g banana chips**, **200g pecan halves** and **1/2 tsp flaked sea salt** in an oven tray. Stir through **75g melted unsalted butter**. Warm **200g dulce de leche** in the microwave for 1 min or until melted, drizzle over the granola and bake for 35-40 mins or until golden brown, stirring halfway. Leave to cool completely, then toss with **70g dark chocolate chips** and store (see tip, right). You can serve this granola with ice cream as a dessert.

PER SERVING 337 kcal • fat 21g • saturates 5g • carbs 30g • sugars 10g • fibre 3g • protein 6g • salt 0.2g

Sweet & indulgent



Savoury spiced granola

SERVES 15-20 **PREP** 10 mins
COOK 30 mins **EASY** V

Heat oven to 180C/160C fan/gas 4. Toss together **350g jumbo oats**, **100g mixed seeds**, **80g peanuts**, **250g canned chickpeas** (after draining them and patting them dry) in an oven tray along with **1 ½ tsp chilli flakes**, **2 tsp turmeric**, **2 tsp ground cumin**, **2 tsp crushed coriander seeds** and **2 heaped tsp flaked sea salt**. Stir through **80ml rapeseed oil**. Bake for 25-30 mins or until lightly golden and crunchy, stirring halfway. Leave to cool completely before storing (see tip, below). Sprinkle over salads and soups.

GOOD TO KNOW vegan

PER SERVING (20) 175 kcal • fat 10g • saturates 1g • carbs 15g • sugars 0.4g • fibre 3g • protein 5g • salt 0.6g



Warm & fragrant

Carrot cake granola

SERVES 8-10 **PREP** 10 mins
COOK 40 mins **EASY** V

Heat oven to 180C/160C fan/gas 4. Toss together **350g jumbo oats** with **2 tsp mixed spice**, **125g roughly chopped walnuts** and **1 large peeled and grated carrot** (after squeezing out excess liquid) in an oven tray. Stir through **75g melted unsalted butter** or **coconut oil** and **60g runny honey**, then bake for 35-40 mins until golden brown, stirring halfway. Leave to cool completely before stirring through **100g sultanas** and storing (see tip, left). Serve with thick Greek yogurt and fruit, such as berries and sliced apple, or sprinkle on a carrot cake.

PER SERVING (10) 337 kcal • fat 18g • saturates 5g • carbs 36g • sugars 12g • fibre 4g • protein 7g • salt 0.04g

gf tip

The best way of storing granola is in an airtight glass jar. Once stored it will keep for up to six weeks.

Crisp & fruity



anna's simple solutions

make-ahead lunches



Food editor **Anna Glover** solves your midweek cooking dilemmas with new simple recipe ideas

photograph MELISSA REYNOLDS-JAMES

the dilemma

I want to take my lunch to work but don't have time to make it every night.

the solution

Make a batch of this versatile stew at the weekend, then chill or freeze it in portions. Add different toppings every day to keep it interesting.

Eating the same thing for lunch every day is as uninspiring as making it over and over again. The problem is, we don't have time to make something nutritious and delicious every day, and it's tempting to just nip out for a sandwich, soup or burrito, which adds up financially. Making one large pot of something versatile can make lunchtimes easier, and cheaper. All you need is a microwave at work. Either buy a few toppings on your way in, or spend five minutes prepping them at home and pack them in a separate container.

When you start repeating your favourite toppings, it's time to adapt the base recipe – try adding herbs and spices such as rosemary, chilli flakes, or sundried tomatoes. Add chunks of sausage, bacon lardons or chorizo if you're a fan. This dish is really versatile, both in what you can add to it, and what you can top it with. Just adding a tablespoon of your favourite condiment seems to transport the dish to something else completely. Give it a go, start experimenting, and say farewell to soggy sandwiches.

Tomato, pepper & bean one pot

MAKES 6 portions **PREP** 15 mins
COOK 45 mins **EASY** **V**

1 tbsp olive oil
1 large onion, finely chopped
2 celery sticks, finely chopped
3 carrots, finely chopped
3 red peppers, sliced
2 garlic cloves, crushed
2 tbsp tomato purée
400g can cannellini beans, rinsed and drained
400g pinto beans, rinsed and drained

400g borlotti beans, rinsed and drained
2 x 400g cans chopped tomatoes
1 vegetable stock cube (check the label if you're vegan)
2 bay leaves
1 tbsp brown sugar
½ tbsp red wine vinegar

1 Heat the oil in a large pan or casserole on a medium heat. Fry the onion, celery and carrots for 10 mins until soft and golden, then add the peppers and fry for another 5 mins.
2 Stir in the garlic for a minute, then add the tomato purée, all the beans

and chopped tomatoes, then swirl out the tomato cans with a splash of water and add to the pan with the stock cube, bay leaves, sugar and vinegar. Season and simmer, uncovered, for 25 mins until the sauce reduces to coat the beans and the peppers are soft. Leave to cool before storing in transportable containers. *Will keep in the fridge for three-four days or freeze in portions and defrost in the fridge overnight.*

GOOD TO KNOW vegan • healthy • low fat • low cal
• fibre • vit c • 4 of 5-a-day
PER SERVING 236 kcal • fat 3g • saturates 1g
• carbs 35g • sugars 18g • fibre 11g • protein 11g • salt 0.8g

choose your toppings

Sweet & spicy

Add **diced dried apricots** and **1 tbsp harissa**. Top with **yogurt swirled with more harissa**, and **toasted flaked almonds**.

Tex-Mex

Stir in **1/2-1 tbsp chipotle paste**, **shredded leftover roast chicken** if you have any, and top with **diced avocado**, **grated cheddar** and **coriander**.

Smoky BBQ beans

Stir in **1 tbsp smoky BBQ sauce** and crumble over **shop-bought crispy bacon**, a **dollop of soured cream or yogurt**, and some **chopped herbs**.

Added greens

Stir in some **spinach** and top with a **sliced boiled egg**.

Beans on toast

Serve the beans on **toast or bread**, add a dash of **Tabasco or chilli flakes**, crumble over some **feta** and drizzle over some **olive oil**.

Italian-inspired

Top with **toasted croutons**, **chopped rosemary**, **lemon zest** and **parmesan**.



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THE RITZ-CARLTON

DUBAI

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



LET'S DO BRUNCH, p34



SEASON'S BEST

The joys of June, p44



TOM KERRIDGE
MIDNIGHT FEAST
FOR FRIENDS, p50



Let's do brunch



Many of us are sitting down to eat dinner as a family less often, so weekend brunches are the perfect opportunity to get everyone around the table and catch up on the week's events. Make a pot of coffee and enjoy one of these gorgeous new recipes with your loved ones

recipes CASSIE BEST *photographs* TOM REGISTER

Mascarpone adds a layer of creamy richness, giving the stack American cheesecake vibes

Our berry-cherry syrup can be made ahead and chilled for up to three days

Best ever fluffy American pancakes with berry-cherry syrup

Best ever fluffy American pancakes with berry-cherry syrup

For as long as I can remember, we've been making pancakes on a Saturday morning in my house – it's become a calling that the weekend has arrived. Having whisked and flipped a fair few, I can confidently say these are my best-ever, thick, fluffy breakfast pancakes. I alternate the toppings depending on what's in the fridge or freezer, but blueberries, bacon and maple syrup are firm favourites.

MAKES 12 (serves 2-4, depending on your appetite) **PREP** 10 mins
COOK 30 mins **EASY** 

350g self-raising flour
2 tsp baking powder
¼ tsp ground cinnamon
2 tsp caster sugar, plus 2 tbsp
2 large eggs
150g buttermilk or plain yogurt
325ml milk
200g fresh or frozen blueberries
150g frozen or canned pitted cherries
1 tsp cornflour
1 vanilla pod, or 1 tsp bean paste or extract
200g thick-cut smoked streaky bacon
flavourless oil, such as vegetable or sunflower, for frying
200g mascarpone
maple syrup, to serve

1 Make the pancake batter up to a day ahead, or just before cooking. Tip the flour, baking powder, cinnamon and 2 tsp sugar into a bowl, add a good pinch of salt and combine with a whisk. Add the eggs, buttermilk or yogurt and milk to the bowl and whisk into a smooth batter. If making ahead, cover and chill until ready to cook.

2 Tip the blueberries, cherries, cornflour, 2 tbsp sugar and the vanilla into a pan, and stir until the berries are coated in cornflour. Add 1 tbsp water, then place over a high heat and bubble for a minute or 2 until syrupy but the berries are still holding their shape. Set aside to cool, then remove the vanilla pod, if using. This is best served warm.

3 Heat the grill to medium-high and arrange the bacon on a baking tray

lined with foil. Set aside. If you have a separate oven, heat this to a low setting (50C/30C fan/gas ½) with a baking tray in it (this is to keep the pancakes warm as you cook them). If not, they can sit under the bacon, just keep a close eye on them.

4 Heat a glug of oil in a large, heavy frying pan, wipe the oil around the pan with a piece of kitchen paper, leaving a fine coating of oil on the surface. Transfer the pancake batter to a jug. When the pan is hot but not smoking (keep it over a moderate heat) pour the batter into the pan, making 7-8cm pancakes, with plenty of space between them (you should fit three pancakes in at a time). The batter should sizzle a little as it hits the pan, but not aggressively – adjust the heat if you need to. Cook each pancake until the underside is golden; by this time bubbles should be appearing on the surface and the edges beginning to set, indicating that the pancake is ready to flip over. Use a fish slice to do this. They should take roughly 2 mins on each side. Transfer the pancakes to the warm baking tray. Wipe a little more oil around the pan and continue cooking the rest of the batter in this way. You should make 12 pancakes.

5 When you're halfway through the batter, grill the bacon for 4-5 mins on each side until crispy.

6 To serve, stack the pancakes with a dollop of mascarpone, bacon, and fruits between each layer, and serve with a jug of maple syrup.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING (4) 932 kJ • fat 47g • saturates 25g • carbs 96g • sugars 29g • fibre 5g • protein 28g • salt 3.1g

tips TAKE IT UP A NOTCH

● As the **bacon** cooks, brush it with maple syrup for a sticky sweet finish. Turn it regularly so it doesn't burn.

● **Pancakes** can often turn out oval if poured straight from a bowl. For perfect round pancakes, hold the jug above the pan and swirl the batter into a circle as you pour.

Smoked haddock & hollandaise bake with dill & caper fried potatoes

This is a seriously hearty brunch dish, perfect fuel to set you up for a long walk on a cold day. Of course, it's just as nice served for dinner. The cheat's hollandaise is made with double cream and stabilised with cornflour, meaning it's very hard to get it wrong. If you want to cut down on prep time, you can replace it with a good ready-made hollandaise, which will generally contain the same ingredients.

SERVES 2 **PREP** 10 mins

COOK 35 mins **MORE EFFORT**

150g baby spinach

2 x 140g undyed smoked haddock fillets

For the cheat's hollandaise

2 egg yolks

1 tsp cornflour

100ml double cream, plus a splash

2 tsp white wine vinegar

For the fried potatoes

500g floury potatoes, peeled and chopped into 3cm chunks

knob of butter

1 tbsp rapeseed oil, plus a drizzle

2 shallots, halved and thinly sliced

1 tbsp capers, drained

small handful dill, leaves picked

1 lemon, zested, then cut into wedges to serve

1 Put the potatoes in a pan and cover with cold water. Bring to the boil, cover with a lid and cook for 7-8 mins until a knife easily pierces them but they still hold their shape. Drain and leave to steam dry. Meanwhile, heat the butter and oil in a frying pan, and when the butter is sizzling, add the shallots. Fry until soft, about 5 mins, then add the potatoes and fry for about 15 mins until crispy on all sides.

2 While the potatoes are cooking, make the hollandaise. Whisk the yolks and cornflour together until smooth. Add the cream and vinegar, and season well. Pour into a small pan, heat very gently, whisking constantly, until the consistency of custard. If the sauce looks like it's splitting, curdling, or getting too hot, add a splash more cream and

whisk vigorously – it should become smooth again. Check the seasoning, adding a little more salt or vinegar if it needs it.

3 Heat the grill to medium-high. Heat a drizzle more oil in another small, ovenproof frying pan. Add the spinach, season and cook until just wilted. Spread the spinach across the pan and place the haddock fillets on top. Spoon over the hollandaise to cover each fillet. Grill for 10 mins until the fish is flaking and the sauce is browning in patches.

4 Scatter the potatoes with the capers, dill and lemon zest. Serve alongside the fish with lemon wedges for squeezing over.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 726 kcals • fat 44g • saturates 20g • carbs 42g • sugars 4g • fibre 5g • protein 38g • salt 1.9g

MAKE IT EXTRAORDINARY HOLLANDAISE

● **Flavour with fresh tarragon** for a quick and easy Béarnaise sauce to serve with steak.

● **Add ½ tsp Marmite** and serve over poached eggs, ham or bacon and toasted muffins for a **modern twist on eggs Benedict**.

● **Stir in a little finely grated grapefruit zest** to make Maltaise sauce, perfect served with white fish.



This hearty dish makes a great brunch, lunch or dinner

Our quick cheat's hollandaise is guaranteed not to split

Use lightly smoked salmon or kippers in place of the haddock, if you like

Chorizo & halloumi breakfast baguette

A morning-after-the-night-before kind of breakfast, guaranteed to fix a sore head. Make the tomato jam ahead, and double the batch if you can. It'll become your new favourite condiment – serve it in bacon or sausage sarnies, on a cheeseboard or brushed over chicken thighs.

SERVES 2-4 (plus extra tomato jam)
PREP 15 mins **COOK** 40 mins plus cooling **EASY** 

1 large avocado
1 lime, juiced
1 red onion, halved and thinly sliced
drizzle of oil
150g chorizo, sliced on an angle
250g block halloumi, sliced into 8 pieces
1 large baguette or 2 smaller ones
small bunch coriander, leaves picked
For the tomato jam
400g can chopped tomatoes
1 red chilli, finely chopped (deseeded if you don't want much spice)
thumb-sized piece ginger, grated
1 star anise
250g caster sugar
150ml red wine vinegar

1 To make the tomato jam, put all the ingredients in a pan, season and simmer for 30 mins until you have a rich, thick glossy jam. Cool, then transfer to a sterilised jar (if you want to keep for over two weeks). *Will keep, unopened, for six months.*
2 Halve the avocado and scoop into a bowl. Add $\frac{1}{2}$ the lime juice and some salt and mash with a fork. Put the onion in a small bowl, pour over the rest of the lime juice and season with a pinch of salt. Mix well and set aside to lightly pickle.

3 Heat a drizzle of oil in a large frying pan. Cook the chorizo slices on one side and the halloumi on the other, turning once the halloumi is golden and the chorizo is sizzling. Cook for about 4-5 mins in total.
4 Meanwhile, split and warm the baguette in the oven. Spread the avocado over one side of the baguette and tomato jam over the other. Fill with the halloumi, chorizo, coriander and pickled red onions. Cut up and tuck in.

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day
PER SERVING (4) 872 kcal • fat 39g • saturates 17g • carbs 91g • sugars 38g • fibre 7g • protein 36g • salt 4.2g

tips TAKE IT UP A NOTCH

● Good bread will make all the difference here. Splash out on a nice **artisan baguette** from a bakery, or if you're in the mood, make your own. See bbcgoodfood.com for a recipe.

● Don't waste any **chorizo oil** in the pan – it's packed with flavour. Drizzle it over the bread before spreading with the tomato jam and mashed avocado.




Lime-spiked
avocado wakes
up the tastebuds

Perfect served
with a spicy
Bloody Mary!



Flavoured butters
add vibrancy and
spice to these
poached eggs

Turkish eggs with red & green butter



Add bowls of olives, feta, tomato and cucumber for a full Turkish breakfast spread

Simit bread

Serve with Turkish simit bread or flatbreads for scooping up the yogurt, eggs and butter

Turkish eggs with red & green butter

Here's a new way to serve poached eggs – on a bed of garlicky yogurt, topped with a fragrant or spiced butter. Make one or both. We've served ours with Turkish simit bread, a sesame-crusted ring, often eaten for breakfast (see recipe below, or buy from a Middle-Eastern shop), but good flatbreads would be nice, too.

SERVES 4 **PREP** 10 mins plus 1 hr infusing the yogurt **COOK** 5 mins **EASY** **V**

500g thick natural yogurt
1 garlic clove
splash white wine vinegar
8 eggs

For the butters

small handful each coriander, dill and mint, plus some extra whole leaves to serve, if you like
1 green chilli, roughly chopped, seeds removed if you don't want it too spicy
50g green olives, chopped
200g butter, softened
2 tsp paprika
½ tsp Aleppo chilli pepper flakes (pul biber), plus extra to serve
½ lemon, zested
flatbreads or simit (Turkish sesame breads), to serve (see recipe, right)

1 First, make the flavoured butters. Put the herbs, chilli and olives in a small food processor and blitz until finely chopped. Alternatively, chop by hand or bash using a pestle and mortar. Add 100g butter and mix well. In another bowl, mash the remaining 100g butter with the paprika, chilli flakes and lemon zest. Wrap the butters and chill until you need them. *Can be made up to five days ahead.*

2 Season the yogurt and add the garlic. Chill for at least 1 hr, or up to a day to infuse.

3 Heat a large pan of water until nearly boiling, and add the vinegar. Crack an egg into a small dish and carefully drop it into the water, then do the same with two more eggs, if you have space in the pan. Poach the eggs for 2-3 mins until the whites are set and the yolks still runny. You can check this by gently lifting one

of the eggs out of the water with a slotted spoon – press the whites close to where the yolk is, they should feel firm. Now gently press the yolk (being careful not to burst it), it should still feel soft. Transfer to a plate lined with kitchen paper and cook the rest of the eggs.

4 Heat each of the butters in a separate pan (or in the microwave) until melted. Don't overheat or the herbs will lose their vibrancy.

5 Remove the garlic clove from the yogurt, then divide the yogurt between four plates or shallow bowls, making a nest shape for the eggs to sit in the middle. Return all the eggs to the hot water for 20-30 secs to make sure they're warm. Drain well, then place two on each plate of yogurt. Drizzle over either of the butters, or a little of each, scatter with some herbs and a little more Aleppo pepper, if you like. Serve with bread for scooping.

GOOD TO KNOW calcium • folate • gluten free
PER SERVING 641 kJ • fat 57g • saturates 32g • carbs 10g • sugars 10g • fibre 1g • protein 21g • salt 1.9g

DID YOU KNOW?

Aleppo pepper is a sweet, mild variety of chilli pepper, grown and commonly used in Middle Eastern cooking. It's sold in flakes, and is also known as pul biber. At it's best, it's a little oily and a deep crimson red colour, with a fruity flavour and a mild kick of heat. Find it online or in Middle Eastern shops, or substitute some paprika mixed with a pinch of chilli powder. We like it sprinkled over hummus or used in a marinade with preserved lemon on chicken thighs.



BUYING YOUR EGGS

● **Buy organic or golden yolked eggs, or better yet, duck eggs.** They'll need to be poached for a little longer.

Simit bread

Simit breads are sesame bread rings, which look similar to bagels. They are sold on every street corner in Turkey and are popular for breakfast or as a snack.

MAKES 4 **PREP** 30 mins plus 3 hrs proving **COOK** 15 mins **EASY** **V** **✳**

250g strong white bread flour
1 tsp salt
1 tsp caster sugar
1 tsp (5g) fast-action dried yeast
100g sesame seeds
1 tbsp molasses syrup or pomegranate molasses

1 Tip the flour, salt and sugar into a bowl and mix together. Add the yeast and 150ml warm water, mix, then knead for a few mins to bring everything together into a soft dough. Tip onto your work surface and continue kneading for 10-12 mins until the dough feels stretchy. Return to a clean bowl, cover and leave to rise for an hour or two until doubled in size.

2 Meanwhile, toast the sesame seeds in a dry frying pan until golden. Set aside in the pan. Mix the molasses syrup or pomegranate molasses with 50ml water in a wide shallow bowl.

3 Divide the dough into four equal pieces. Roll each into a sausage about 45cm long. Flip the rope of dough back on itself then twist the two strands and loop into a ring, squeezing the ends together to secure. Once shaped, dip each piece into the molasses water, turning to coat, then into the sesame seeds, making sure each one is well covered. Transfer to a baking tray, cover and leave to prove for another 45 mins-1 hr. Heat oven to 200C/180C fan/gas 6.

4 When the breads have puffed up, uncover them and bake for 15-18 mins until golden. Cool, then wrap in a tea towel to keep them fresh. *Can be made up to a day ahead and warmed gently before serving.*

GOOD TO KNOW vegan • calcium • iron
PER SERVING 408 kJ • fat 15g • saturates 3g • carbs 52g • sugars 4g • fibre 5g • protein 14g • salt 1.2g

Great for
lunchboxes
too



This banana bread keeps well. Wrap and store in a tin for up to five days or freeze for two months

Banana, coconut & cardamom bread

This gorgeous banana bread gets its coconutty flavour from the coconut oil and yogurt. If you decide to use butter and natural yogurt, you could add 1 tbsp desiccated or freshly grated coconut to the mix. Chunks of dark chocolate are also delicious. If you want to toast the banana bread (as we have in the picture) simply grill the slices for a minute or two on each side.

SERVES 8-10 **PREP** 15 mins
COOK 1 hr 10 mins **EASY** V

125g coconut oil or butter, plus extra for the tin
2 large very ripe bananas
3 medium eggs
125g golden caster sugar
2 tbsp coconut or natural yogurt, plus extra to serve
200g plain flour
2 tsp baking powder
seeds from 12 cardamom pods, crushed

1 Heat oven to 160C/140C fan/gas 3. Butter a 900g loaf tin and line with a long strip of baking parchment. Melt the coconut oil or butter in a pan or the microwave. Mash the bananas and add the oil or butter, eggs, sugar and yogurt.
2 Combine the flour, baking powder, crushed cardamom and a pinch of salt in a bowl. Add the wet ingredients and whisk to a smooth batter. Pour into the tin and bake for 1 hr 10 mins until golden and risen. Insert a skewer into the centre of the cake to make sure it's cooked – it should come out with a few crumbs but no wet cake mixture. If needed, return the cake to the oven for another 5-10 mins, then check again, and keep going until it's cooked. Serve slightly warm with the date butter. Once cool, keep in a tin for up to five days, or freeze in slices for two months.

PER SERVING (10) 296 kcal • fat 16g • saturates 13g • carbs 33g • sugars 17g • fibre 1g • protein 5g • salt 0.3g

Date butter

SERVES 4 **PREP** 4 mins
NO COOK **EASY** V

In a small food processor, blend **150g coconut oil or butter**, **80g soft pitted dates** (we used medjool), **1 tbsp maple syrup**, a **pinch of cinnamon** and a **pinch of salt**. Chill until needed, will keep for up to a week.

GOOD TO KNOW vegan • gluten free

PER TBSP 136 kcal • fat 12g • saturates 11g • carbs 5g • sugars 5g • fibre 0.4g • protein 0.2g • salt 0.04g



● **Toast slices of the banana bread under the grill and top with date butter (see recipe, right), coconut yogurt and sliced banana for an irresistible breakfast.**

DID YOU KNOW?

Coconut yogurt is a dairy-free yogurt alternative made from coconut milk or cream with added live cultures. It often has added calcium and other nutrients added to it, too, making it a good addition to a vegan diet. It can vary in quality (just like cow's milk yogurt); we like The Coconut Collaborative and Koko brands.

SEASON'S BEST

THE JOYS OF JUNE

Make the most of summer's bounty with Rosie Birkett's stunning new recipes

photographs EMMA BOYNS



Herbed Jersey Royal crab cakes, p46



Crispy, nutty spelt flatbreads spread with fresh cheese and covered with tender asparagus and sweet peas; Jerseys smashed together with broad beans, crisped up in a frying pan to eat with juicy pork chops; crab folded with soft herbs and made into patties to eat with salad, and sweet apricots baked into blondies flecked with buttery pistachio frangipane. My recipes for June are a celebration of some of my favourite spring-summer ingredients, combined with low-effort cooking techniques to maximum effect.



Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs115, Hardie Grant).

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Apricot &
pistachio
frangipane
blondies, p46

Apricot & pistachio frangipane blondies

Sweet, golden apricots are such a treasure when summer comes, and I love eating them straight from the fruit bowl, but here they are baked to bring out their juiciness. The fruit can make the blondies a bit more fragile, so take care when dishing them out.

MAKES 12 **PREP** 20 mins **COOK** 30 mins **EASY** **V**

100g unsalted butter, melted, plus a little extra for the tin

200g light muscovado sugar

½ tsp fennel seeds

1 large egg

120g plain flour

50g pistachios, roughly chopped

1-2 tbsp milk

6 large ripe apricots, halved and stoned

For the frangipane

65g golden caster sugar

80g unsalted butter, softened

1 egg

100g pistachios, ground to crumbs

1 Heat oven to 200C/180C fan/gas 6 and butter and line a rectangular baking tin, approx 20 x 25cm. To make the frangipane, beat together the sugar and butter until fluffy, then add the egg and pistachios.

2 In a bowl, stir together the muscovado sugar, fennel seeds and melted butter with a pinch of salt. Add the egg and stir vigorously, then tip in the flour and half the pistachios and fold until well combined and no streaks remain. Add the milk to loosen.

3 Spoon two-thirds of the batter into the tin and smooth with the back of a metal spoon or spatula, then arrange the apricot halves on top and press into the batter. Dot the frangipane around the batter too, then top with the remaining spoonfuls of batter so that it's part covering the frangipane and apricots. Scatter over the rest of the pistachios. Bake for 25-30 mins until a skewer comes out with some crumbs that are a little moist, but not raw. Cool completely in the tin, then cut into 12 squares.

PER SERVING 330 kJals • fat 19g • saturates 9g • carbs 33g • sugars 24g • fibre 2g • protein 5g • salt none

Herbed Jersey Royal crab cakes

Crab and Jersey Royals are natural bedfellows, and these perky little crab cakes make the best summer lunch or dinner for friends. Try using dill in the mix if you can, I love the gentle anise flavour it adds to the cakes.

SERVES 4 **PREP** 30 mins plus chilling **COOK** 8 mins **EASY** **✳**

400g Jersey Royal potatoes, scrubbed not peeled

2 tbsp olive oil

pinch of fennel seeds

¼ bulb of fennel, finely chopped

1 red chilli, deseeded and finely chopped

1 garlic clove, crushed

4 spring onions, sliced

handful of samphire (optional)

200g cooked crabmeat, a mix of white and brown

3 tbsp finely chopped soft herbs (I like a mixture of dill, parsley and tarragon), plus extra to serve

1 tbsp capers

pinch of cayenne pepper

1 lemon, ½ zested and juiced, ½ cut into wedges for serving

1 tbsp mayonnaise, plus extra to serve

flour, for dusting

watercress, to serve

1 Put the potatoes in a pan, cover with water, add 1 tsp salt and bring to the boil. Cook for 12-15 mins or until tender enough to smash. Leave to cool.

2 Heat 1 tbsp of the oil in a frying pan and add the fennel seeds, fennel, chilli and garlic followed by the spring onions. Gently cook for 3-5 mins until fragrant but not coloured. During the last minute, add the samphire.

3 In a bowl, mash the potatoes until well broken down, then combine with the crabmeat, herbs, spring onion mix, cayenne, lemon zest and mayo. Season and mix until well combined, then chill for 30 mins.

4 Heat oven to 200C/180C fan/gas 6. Oil your hands and shape the mixture into eight palm-sized patties and dip in plenty of flour – be careful as they are quite fragile and sticky – I do this on a tray lined with baking parchment. If you have time, put in the fridge to set for 30 mins before cooking. Heat the remaining oil in a non-stick frying pan and fry for 2-3 mins on each side until crisp and golden. Transfer to an oiled baking tray and finish in the oven for 5 mins. Serve with mayo, some watercress tossed with the remaining herbs, and the lemon juice with the lemon wedges on the side.

PER SERVING 264 kJals • fat 14g • saturates 2g • carbs 20g • sugars 2g • fibre 3g • protein 13g • salt 0.7g



Pork chops with broad bean & minted Jersey smash

SERVES 2 **PREP** 20 mins **COOK** 40 mins **EASY**

2 pork chops
2 tbsp olive oil
2 garlic cloves, skin-on and bashed
½ lemon, cut into wedges
30g butter
2 thyme sprigs

For the Jersey Royal & broad bean smash

300g Jersey Royal potatoes, scrubbed but not peeled
1 mint sprig
250g podded broad beans
4 spring onions, finely sliced
pinch dried chilli flakes
handful fresh mint leaves
1 tbsp finely chopped flat-leaf parsley

1 Take the pork chops out of the fridge 1 hr before cooking. Put the potatoes in a pan, cover with cold water and 2 tsp of salt. Throw in the mint, cover and cook for 12-15 mins until tender. Remove with a slotted spoon

and set aside. Cook the beans in the same water for 4-8 mins, depending on size, then drain and rinse under cold water and peel. Crush half with the potatoes, season and set aside.

2 Heat the oil in a large non-stick frying pan. Pat the chops dry with a kitchen towel and season with sea salt on both sides, then place in the pan and do not move until they are caramelised and come away from the pan – around 3-4 mins. Turn the chops, then add the garlic and lemon, cut-side down. Cook for another 2-3 mins.

3 Remove the lemon and set aside. Add the butter to the pan, shaking to distribute it, then toss in the thyme. Baste the chops continuously with the butter, garlic and thyme for a couple of mins more, turning to coat both sides. Remove from the pan to rest.

4 Add the spring onions and chilli flakes and cook for 5-8 mins until tender. Tip in the potato mix, tossing with the spring onions, and cook for a few mins, allowing crusty bits to form on the Jerseys. Turn off the heat, toss in the herbs, then divide between plates and top with the remaining beans. Serve with the chops, and squeeze over the caramelised lemon.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day

PER SERVING 750 kcs • fat 44g • saturates 16g • carbs 30g • sugars 4g • fibre 13g • protein 52g • salt 0.9g



Asparagus, pea & ricotta flatbreads

These flatbreads are the perfect vehicle for all the clean, bright flavours of spring. I'm a huge fan of ricotta and love how its mild, fresh creaminess works with the vivid green asparagus and sweet peas.

MAKES 2 (with enough dough for 4) **PREP** 15 mins plus resting **COOK** 30 mins **MORE EFFORT** **V** dough only

For the flatbreads

7g sachet fast-action dried yeast

1/2 tsp sugar

200g spelt flour

150g strong bread flour

1 tbsp olive oil

For the toppings (for 2 flatbreads)

200g asparagus

100g podded peas

1/2 small bunch mint, leaves picked

200g ricotta

10g grated parmesan or vegetarian alternative, plus extra to serve

1 garlic clove, crushed

1 lemon, zested and juiced

a little grated nutmeg

1 tbsp olive oil, plus extra for drizzling

1 To make the flatbreads, put the yeast, sugar and 220ml lukewarm water in a jug and stir thoroughly. Leave to sit for a few mins while you measure out your ingredients.

2 Sift the flours and 1 tsp salt into a bowl, then slowly incorporate the yeast mix, stirring with a wooden spoon. Stir in the oil and turn the dough out onto a clean, lightly floured surface and knead for 5 mins until smooth. Return to the bowl, cover with a clean tea towel and leave to sit for 30 mins-1 hr until doubled in size.

3 Return the dough to your work surface, adding more flour if needed, and knead for a few more mins to knock it back, then divide into four and roll each piece into a ball. Wrap two in cling film and freeze for another time.

4 Heat oven to 230C/210 fan/gas 8. Flatten one of the balls with the palm of your hand and, using a floured rolling pin, roll out into a wide, flat base about 10-12 inches long. Place on an oiled baking sheet, then brush with oil and bake for 5-8 mins, turning halfway, until the bread is puffed and golden. Remove from the oven and repeat with the other dough ball.

5 Snap the woody bases off the asparagus. Bring a pan of salted water to the boil and gently blanch the asparagus for 2-3 mins until tender. Remove with a slotted spoon and set aside on a plate to cool. Blanch the peas in the same water for a couple of mins or until tender, and drain.

6 Chop 4 mint leaves and put in a bowl with the cheeses, 1 tbsp olive oil, the garlic, lemon zest, a pinch of salt and good grating of nutmeg and black pepper and stir to combine. Cut the tips from the asparagus – about 4cm – then finely slice the stalks. Put all the asparagus in a bowl with the peas, remaining mint leaves, lemon juice and a good drizzle of olive oil. Season well and toss to combine.

7 Spread the flatbread with the ricotta mix, then top with the asparagus and pea mix. Garnish with extra parmesan, olive oil, sea salt and freshly ground black pepper before serving.

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day

PER FLATBREAD 599 kJals • fat 20g • saturates 9g • carbs 70g • sugars 5g • fibre 8g • protein 31g • salt 1.6g



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TOM KERRIDGE

A feast for friends

Celebrate an upcoming occasion in style with this impressive dinner party menu from the top BBC chef *photographs* TOBY SCOTT

Chefs used to have a reputation for never cooking outside of their restaurant kitchen but as far as I'm concerned, that's never been the case. I'm at my happiest when I'm cooking and that definitely extends to being at home with people I know and love – and, of course, my family!

Here, for when you fancy having friends round, I've gone with ingredients and flavours like citrus, ginger and passion fruit to keep things vibrant. But, as with all my menus for Good Food, I've made it as prepare-ahead as possible so you can enjoy the festivities.

*Enjoy,
Tom x*



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and has just opened Kerridge's Bar & Grill at The Corinthia Hotel, London. His latest book, *Lose Weight for Good* (Dhs125, Absolute Press), is out now.

[Twitter](#) [Instagram](#) @ChefTomKerridge



DINNER PARTY MENU

FOR 8

**Spice-cured
tuna tacos**

**Maple-glazed
duck with orange
& watercress**

**Lentils with
charred broccoli
& ginger**

**Double chocolate
& passion fruit tart**

Spice-cured tuna tacos

This dish would also work with salmon or sliced scallops but you'll need the freshest fish possible as you're basically eating it raw. If you can't get super-fresh fish, you can use diced smoked salmon, picked white crabmeat, or chopped cooked king prawns instead.

SERVES 8 PREP 45 mins plus curing
NO COOK EASY

For the fish

400g fresh line-caught tuna
3 tbsp olive oil
2 limes, zested, 1 juiced
1 tbsp cumin seeds
1 tbsp coriander seeds
½ tsp chilli flakes

For the avocado purée

3 ripe avocados, de-stoned and peeled
3 tbsp coriander leaves
1 tbsp pickle liquor from the pickled jalapeño chillies, see right

To serve

8 small soft flour tacos
oil, for brushing and drizzling
pickled jalapeño chillies
50g pomegranate seeds
1 bunch coriander, chopped, with a few leaves left whole
4 spring onions, shredded
2 limes, cut into wedges

1 Slice the tuna into 1cm strips, then dice into rough 1cm cubes. Drizzle over the olive oil and scatter over the lime zest, stir and put in the fridge for 20 mins or so. Gently toast the cumin and coriander in a small frying pan, then tip into a pestle and mortar with a pinch of salt and the chilli flakes and crush to a coarse powder. Stir the spice mix into the tuna with the lime juice and put the bowl back in the fridge for at least 10 mins or up to 1 hr.

2 To make the avocado purée, put all the ingredients in a food processor with a pinch of salt and blitz until you have a smooth

purée, adding a little oil if it's too thick to blitz. Spoon the mixture into a container.

3 If you like your tacos crispy, heat oven to 180C/160C fan/gas 4, brush them with a little oil, place on a baking sheet and cook for 10-15 mins. To build each taco, spoon on some avocado purée and spread out to the edge. Spoon on the spiced tuna and sprinkle over the chillies, pomegranate seeds, coriander and spring onions, drizzle with more oil and add a lime wedge to the plate. Eat with your hands, if soft, or a knife and fork if crispy.

GOOD TO KNOW fibre • omega-3 • 1 of 5-a-day
PER SERVING 347 kcs • fat 18g • saturates 4g • carbs 25g • sugars 4g • fibre 6g • protein 18g • salt 1.1g

Maple-glazed duck with orange & watercress

Duck legs are one of those ingredients that everyone seems to love but no one seems to cook for themselves. They make the perfect main course for a dinner party as they're already portioned and they don't dry out if you cook them ahead and reheat them.

SERVES 8 PREP 35 mins
COOK 1 hr 30 mins EASY

8 duck legs

For the glaze

5 tbsp soy sauce
5 tbsp maple syrup
3 tbsp honey
3 tbsp orange juice
1 cinnamon stick
large piece of ginger, finely grated

For the dressing

3 tbsp runny honey
2 tbsp rice wine vinegar
2 tbsp soy sauce

3 tbsp orange juice
100ml chicken stock
2 tbsp extra virgin rapeseed oil

To serve

200g watercress
4 oranges, peeled and segmented

1 Heat oven to 160C/140C fan/gas 3. Place the duck legs on a wire rack, skin-side up, with a tray underneath to catch the fat. Put in the oven and roast for 1 hr. Meanwhile, to make the glaze, pour the soy sauce, maple syrup, honey and juice into a saucepan and bring up to the boil. Add the cinnamon stick and ginger and simmer until the glaze is sticky, then leave to cool.

2 After 1 hr, turn the oven up to 180C/160C fan/gas 4. Brush the glaze generously over the duck and continue to cook for 30 mins, brushing with glaze every 5 mins or so, until the duck is a deep mahogany with a caramelised crust. Remove from the oven and leave to rest.

3 While the duck is roasting, make the dressing by whisking together all the ingredients, except the oil, in a pan. Simmer until reduced by half, then whisk in the oil. If you like, you can char the orange segments. Lay them on a metal baking tray and caramelise them with a blowtorch (you only need to colour one side). Don't blowtorch on parchment or a non-heat resistant plate.

4 To serve, tip the watercress and orange segments into a large bowl and toss in half the dressing. Divide the salad between the plates, place a crispy duck leg on top and drizzle with a little extra dressing.

GOOD TO KNOW • vit c • iron • 1 of 5-a-day
PER SERVING 509 kcs • fat 21g • saturates 6g • carbs 27g • sugars 26g • fibre 1g • protein 51g • salt 2.4g

Lentils with charred
broccoli & ginger, p54



Lentils with charred broccoli & ginger

This side is hearty and comforting without being overly rich.

SERVES 8 as a side **PREP** 15 mins
COOK 30 mins **EASY**

1 tbsp olive oil
4 shallots, finely chopped
4 garlic cloves, peeled and grated
large piece ginger, peeled and grated
400g can cooked Puy lentils, drained
200ml chicken stock
4 tbsp soy sauce
2 tbsp sunflower oil
1 large head of broccoli, broken into small florets
1 tbsp sesame oil
small handful coriander leaves
1 green chilli, sliced

1 Heat the oil in a saucepan and quickly fry the shallots, garlic and ginger, then add the lentils, chicken stock and half the soy. Simmer until the liquid has reduced by half.

2 Heat the sunflower oil in a frying pan, add the broccoli florets and fry until the edges are charred and toasted. Toss the broccoli occasionally so that it doesn't burn. Dress with the remaining soy sauce and the sesame oil, then stir through the lentils. Just before serving, scatter over the coriander and green chilli.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 137 kcal • fat 6g • saturates 1g • carbs 9g • sugars 4g • fibre 6g • protein 8g • salt 1.2g

Double chocolate & passion fruit tart

Here, I've paired the sharpness of passion fruit with the sweetness of white chocolate.

SERVES 12 **PREP** 45 mins plus at least 4 hrs resting and chilling
COOK 35 mins **MORE EFFORT** **V**

For the pastry

175g plain flour, plus a little extra for dusting
80g icing sugar
40g 70% cocoa powder, the best quality you can find
140g butter, chilled and cut into small cubes
2 medium egg yolks, lightly beaten

For the filling

185ml whole milk
185ml double cream
60g white caster sugar
4 egg yolks
300g white chocolate

For the syrup

6 passion fruit
75ml caster sugar
100ml orange juice

1 To make the pastry, sift the flour, icing sugar and cocoa powder into a small food processor. Add the butter and blitz together until it is the texture of breadcrumbs. Add the egg yolks and mix together gently with your fingers until it forms a soft paste. You may need to add a little water, 1 tbsp at a time. Wrap in cling film and place in the fridge to rest for at least 1 hr.

2 Heat oven to 190C/170C fan/gas 5. Roll out the pastry on a lightly floured surface to the thickness of a pound coin. Use the pastry to line a 20cm round tart tin with a slight overhang. Prick the pastry with a fork and chill in the fridge for 1 hr. Line the inside of the pastry case with baking parchment and fill with baking beans, uncooked rice or dried pulses to keep the base flat. Place the tart tin on a baking sheet and bake for 25 mins. Remove from the oven, take out the parchment and beans and return to the oven to cook for a further 10-20 mins until the

pastry case is cooked through and dried out. Remove from the oven and leave to cool. Trim off the excess pastry with a serrated knife.

3 To make the custard filling, pour the milk, cream and sugar into a saucepan and bring to the boil. Remove from the heat and put the egg yolks in a bowl. While whisking the yolks, pour in the cream mix, until fully incorporated. Pour the custard back into the saucepan and heat to 85C (use a digital probe to check the temperature), or until it's thick enough to coat the back of a spoon. Tip the white chocolate into a large bowl and pour over the hot custard, stirring to make a rich chocolate custard. Leave to cool, then ladle the custard evenly into the pastry case and chill for at least 2 hrs, or overnight if possible.

4 For the passion fruit syrup, cut the fruit in half, scrape out the seeded flesh into a saucepan and add the caster sugar and orange juice. Put the pan on a medium heat, bring to the boil and simmer for 25 mins until thickened and syrupy. Remove from the heat and leave to cool. *Can be made several days ahead.* Pour the chilled passion fruit syrup over the chilled tart just before slicing.

PER SERVING 486 kcal • fat 30g • saturates 17g • carbs 46g • sugars 35g • fibre 2g • protein 7g • salt 0.3g





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health

Delicious recipes and top tips for staying in shape



■ Health news, page 58



quick fix

■ post-workout bowls, page 60



quick fix

■ speedy salads, page 62



health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



Vegan cheese

How popular is it?

According to Google trends data, searches for 'vegan cheese' have increased by 350% in the past five years and in 2017, searches for 'vegan cheese' were almost double the number of searches for 'cheddar cheese'.

How's it made?

These days, you can find dairy-free alternatives to all kinds of cheese. Vegan cheeses can be made from a wide-range of different base ingredients but the most common are soy, tofu, coconut oil and nuts.

What's best on the market?

We've mainly spotted promising vegan alternatives to cheddar, parmesan, mozzarella, feta and cream cheese in the supermarkets. Why not give them a try?

Akira Back introduces plant-based menu

Akira Back Dubai at W Dubai – The Palm has joined the ever-growing plant-based revolution by introducing a new vegan menu, allowing its herbivore guests to celebrate their taste buds.

Leave any assumptions regarding vegan cuisine at the vortex-inspired entrance - Akira Back's eclectic vegan menu appeals to both committed vegans and the yet to be convinced. Guests can begin their vegan Akira Back journey with an order of AB beetroot tacos with avocado, beetroot poke and micro cilantro or sample the vegetable tempura.

Then, dive into edamame risotto with Chef's signature yuja sake foam. For the sushi lovers, Chef's vegan rainbow roll made from marinated tomato, grilled nasu, smoked mango, grilled asparagus and kombucha ponzu will satisfy even the most discerning of palates.

For more information and reservations, please call +971 4 245 5555, email akirabackdubai@whotels.com or visit akirabackdubai.com.



BUCKWHEAT

Did you know that this tiny seed, sometimes called a pseudograin, boasts an impressive nutritional profile?

Plant source of protein

Good source of magnesium, iron, zinc and selenium

Rich in fibre

Provides energising B vitamins

Gluten-free

Source of manganese and copper





HEALTHY THAI FOOD DESIGNED FOR KIDS

Fuchsia Urban Thai has launched a carefully crafted children's menu called 'Thai Tots', which boasts healthy and wholesome creations. The menu was compiled after rigorous readjustments to recipes to ensure a seamless experience for families. Items are chopped and cooled down making it convenient for children to eat without assistance and the dishes are carefully portioned to ensure that there is no wastage. Items like honey and fruits have been integrated into the recipes to readjust flavours and make the food appealing to the little ones.

Taking into consideration the spice level of the children, Mai-Pet (meaning not spicy) is the base of all the 11 dishes readily available for the kids to choose from. Children can dig into healthy Thai favourites such as pad Thai, chicken satay, massaman curry and more.

Dine-in at Fuchsia outlets in Dubai, in Business Bay and Barsha Heights, or have it delivered to your home through Deliveroo. Call 04 3617117.

5 TOP TIPS

For better sleep

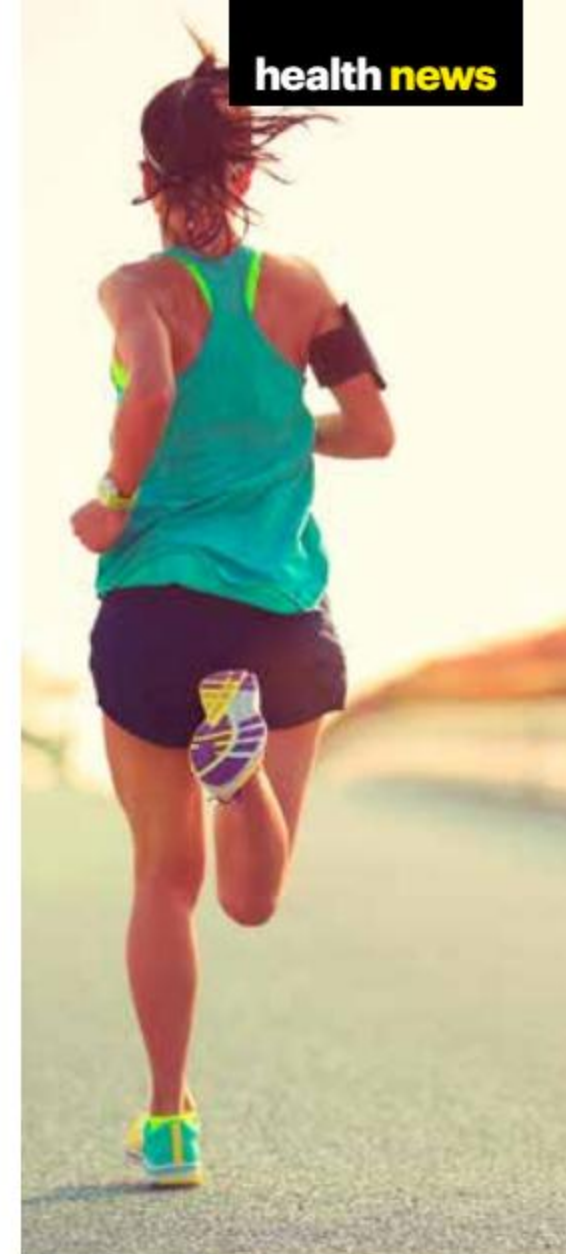
Small lifestyle changes can make a big difference to the quality of your sleep. Nutritionist Kerry Torrens shares her tips for a good night's rest...

Eat protein foods that are rich in amino acid tryptophan – this helps to boost the sleep-inducing hormone, melatonin. Chicken, turkey, nuts and seeds are all good choices. Combine with rice, pasta or potatoes to help your body get the most benefits.

The digestion process increases your body's core temperature, which can disrupt sleep, so eat your evening meal at least two to three hours before going to bed.

Reduce your caffeine intake gradually. Try decaffeinated coffee, or better still, caffeine-free drinks like redbush tea. At a minimum, stop drinking caffeinated drinks by 2pm.

Avoid using computers, tablets and mobiles late in the evening as the light from the screen can have a stimulatory effect, and may affect sleep.



FITNESS

Marathon nutrition

Painful muscle cramps are a common and debilitating experience for runners during marathon training. Stretching and an appropriate training plan may help – but can your diet plan make a difference too?

Unfortunately, there is no single cure for muscle cramps. In most cases it appears that muscle fatigue (from increased training or race demands) is the main cause. Sodium depletion and dehydration have previously been linked to cramping onset, so it is wise to keep on top of your fluid intake, especially in hotter weather when sweat losses will be increased. The mineral magnesium also helps to maintain normal muscle function with a deficiency in having this being linked to cramping.

If you're worried that you may have a low magnesium intake, foods such as oats, rye and wheat, as well as mixed nuts and seeds are good sources.

quick fix

post-workout bowls

Refuel after exercising with these nutritious, protein-packed bowls. They're sure to keep you satisfied after an intense hit of training

recipes ESTHER CLARK photographs ROB STREETER

Spicy Indian stir-fried prawns

SERVES 1 PREP 10 mins

COOK 20 mins EASY



- 1 large egg
- 1 tbsp rapeseed oil
- 3 spring onions, sliced into 3cm pieces
- 80g frozen spinach, defrosted
- ½ tbsp medium curry powder
- 7 cherry tomatoes, halved
- 80g frozen peas
- 60g raw king prawns
- 2 tbsp chopped coriander
- ½ small red chilli, sliced

- 1 Bring a pan of water to the boil and cook the egg for 7 mins. Remove, then put in a bowl of cold water to cool. Set aside.
- 2 Heat the oil in a medium non-stick frying pan. Add the spring onions and fry over a medium heat for 5 mins until softened. Stir through the spinach, curry powder, tomatoes and peas, and cook for 5 mins.
- 3 Turn up the heat, then add the prawns and cook for 2 mins. Stir in the coriander. Gently peel the shell off the egg and slice in half, then place on top of the prawns and scatter over the chilli to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 358 kcals • fat 19g • saturates 3g • carbs 13g • sugars 8g • fibre 10g • protein 27g • salt 0.6g

Jerk chicken with black bean salad

SERVES 1 **PREP** 15 mins
COOK 15 mins **EASY**



100g chicken breast, sliced
1/2 tbsp jerk seasoning
1 1/2 tbsp olive oil
6 baby corn cobs
80g green beans, trimmed
80g canned black beans, drained

1 roasted red pepper (from a jar), sliced
1 lime, zested and juiced
1/2 small bunch coriander, chopped
1 tbsp fat-free Greek yogurt

1 Toss the chicken with the jerk seasoning and 1/2 tbsp of the olive oil, then set aside for 10 mins.
2 Bring a pan of water to the boil and cook the corn and green beans for 3 mins. Drain and leave to cool.
3 Halve the corn cobs lengthways, then toss with the black beans, green beans, pepper, lime juice and zest and coriander, then stir through the remaining oil. Heat a griddle or non-stick frying pan over a high heat. Cook the chicken for 4 mins on each side until cooked through. Serve with the salad and yogurt.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 465 kcs • fat 20g • saturates 4g • carbs 26g • sugars 7g • fibre 12g • protein 39g • salt 0.5g



Smoky sweet potato salad bowl

SERVES 1 **PREP** 15 mins **COOK** 20 mins **EASY** **V**



100g sweet potato, peeled and cut into 2cm pieces
1/2 red onion, sliced
1 heaped tsp sweet smoked paprika
1 tsp ground cumin
1/2 tbsp rapeseed oil
1 cooked beetroot
2 tbsp low-fat hummus
1 tbsp chopped parsley
80g spinach and rocket salad
1/2 lemon, juiced
1/2 tbsp mixed seeds
1/2 brown pitta bread
2 baby cucumbers or 1/4 medium cucumber, sliced

1 Heat oven to 200C/180C fan/gas 6. Toss the sweet potato, onion, paprika, cumin and oil together and spread out on a baking sheet. Roast for 15-20 mins until the potatoes and onion are tender, tossing halfway through.
2 Meanwhile, coarsely grate the beetroot and mix with the hummus and parsley. Toss the salad with the lemon juice and the mixed seeds. Lightly toast the pitta, then slice into strips. Arrange the roasted veg, salad, hummus, cucumber and pitta in a bowl, then serve.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 508 kcs • fat 18g • saturates 2g • carbs 60g • sugars 20g • fibre 16g • protein 18g • salt 1g



quick fix

speedy salads

Eat well at work with an easy-to-prepare packed lunch that'll keep you going through the afternoon

recipes ESTHER CLARK *photograph* ROB STREETER

Curried mango & chickpea pot

FIBRE

3 OF
5-A-DAY

LOW
CAL

**SERVES 1 PREP 15 MINS NO
COOK EASY V**

200g chickpeas, drained and rinsed
2 tbsp fat-free Greek yogurt
½ lemon, juiced
1 heaped tbsp korma curry paste
½ carrot, julienned or grated
70g red cabbage, shredded
50g baby spinach, shredded
40g mango, finely diced
½ tsp nigella seeds
½ small red chilli, finely sliced (deseeded if you want less heat)

Combine the chickpeas, yogurt, lemon and korma paste in a bowl, then toss with the carrot, cabbage, spinach and mango. Tip into your lunchbox or an airtight container and scatter with the nigella seeds and red chilli.

GOOD TO KNOW low fat • low cal • calcium • folate

• fibre • vit c • iron • 3 of 5-a-day • gluten free • healthy

PER SERVING 327 kcals • fat 9g • saturates 1g
• carbs 38g • sugars 18g • fibre 13g • protein 17g
• salt 1.0g



Scandi beetroot & salmon pasta



SERVES 1 PREP 10 MINS COOK 15 MINS
EASY

50g wholemeal fusilli
1 cooked beetroot, cut into wedges
½ small ripe avocado, cubed
2 baby cucumbers, sliced
2 tbsp chopped dill
1 tbsp fat-free Greek yogurt mixed
with 1 tbsp water
1 heaped tsp creamed horseradish
50g poached salmon, flaked
30g rocket

1 Cook the fusilli following pack instructions, then drain and leave to cool. Toss the pasta with the beetroot, avocado, cucumber, dill, yogurt and horseradish, then season generously with black pepper.

2 Gently mix the salmon and rocket through the pasta, then tip into your lunchbox or an airtight container.

GOOD TO KNOW low cal • calcium • folate • fibre • omega-3
• 3 of 5-a-day • healthy
PER SERVING 453 kcal • fat 18g • saturates 3g • carbs 43g
• sugars 13g • fibre 11g • protein 24g • salt 0.9g

Miso broccoli, egg & quinoa salad



SERVES 1 PREP 5 MINS COOK 15 MINS
EASY V

100g thin-stemmed broccoli spears
1 medium egg
2 tsp white miso paste
1 lime, juiced
125g cooked quinoa
70g frozen peas, defrosted
3 radishes, thinly sliced
½ tbsp sesame seeds

1 Bring a pan of water to the boil. Add the broccoli and cook for 3 mins, then lift out with a slotted spoon and leave to cool. Lower the egg into the water and gently simmer for 6 mins. Drain and set in a bowl of cold water to cool.

2 Whisk the miso and lime juice in a small bowl, then toss with the quinoa, peas, radishes and cooked broccoli. Tip the salad into your lunchbox or an airtight container. Peel the egg, slice in half and arrange on top of the quinoa, then sprinkle with the sesame seeds.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • iron
• 2 of 5-a-day • healthy
PER SERVING 367 kcal • fat 12g • saturates 2g • carbs 36g
• sugars 7g • fibre 11g • protein 23g • salt 1.2g



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GOURMET LIFESTYLE



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Zaya Nurai Island, p66



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STAY: Zaya Nurai Island

We travel to the beautiful Zaya Nurai Island off the coast of Abu Dhabi, where peace, privacy and paradise combine to offer UAE residents a Maldives-like escape, without the need to catch a flight

By **Glesni Holland**

Text by GLESNi HOLLAND | Photographs SUPPLIED



Since opening in 2015, Zaya Nurai Island has established itself as one of the UAE's most luxurious beachfront resorts – and during our one-night visit to the island, we soon realise why. Situated just a 60-minute drive from the hustle and bustle of Dubai Marina, and a short 12-minute boat ride off the coast of Saadiyat Island in Abu Dhabi, this private isle – complete with pristine white beaches, wooden sea-swings and crystal-clear waters, is a piece of pure paradise.

We arrive at the Zaya Nurai Welcome Centre on Saadiyat Island ahead of our scheduled boat crossing at 11:30am (boats run every hour from Abu Dhabi to the island from 7am onwards). Our bags are quickly collected, and our hands are instead filled with a glass of fizz as we are shown to the waiting deck for our boat.

Upon arriving at the island after our short speedboat ride, I am immediately taken aback by the sheer natural beauty of this place. Stepping onto the jetty, our busy working lives back in the city seem a world away, and I instantly slip into holiday mode. As we make our way further into the island on a golf buggy, passing tree-lined avenues and large lawns on our journey, we arrive at our home for the weekend.

ACCOMMODATION

The island is home to 61 villas ranging from one to six bedrooms. During our visit, we stayed in a four-bedroom water villa, which features a huge living area with luxury furnishings, a fully-equipped kitchen, large infinity pool and a rooftop terrace with breath-taking views of the island.

The term Nurai stems from the Arabic word 'Nur' meaning light, and it's soon clear why the island has adopted this name. We're faced with large, floor-to-ceiling windows throughout the villa, offering copious amounts of natural light and panoramic sea views at every turn. Upstairs in the master bedroom, the windows double up as sliding glass doors, and waking up to the sound of crashing waves and the sea breeze on my face is something I won't forget in a hurry.

The walk-in rain showers, jacuzzi hot-tubs and Molten Brown bath products mean I spend almost as much time bathing indoors as I do in the infinity pool outside. Our villa





Upcoming Offers

Eid brunch at Frangipani

Rustic-chic vibe and a flexible, elegantly simple menu is what Frangipani is all about. To celebrate the upcoming Eid Al-Fitr holiday, Zaya Nurai's international restaurant will be hosting a special Friday brunch on Friday 7 June. From 12 noon, guests are invited to visit the restaurant to sample signature dishes from the island's six dining outlets throughout the afternoon. The brunch also offers full access to the private beach, along with beach activities for adults and kids. Packages start at AED 550 inclusive of soft beverages.

Revitalise at Nurai Spa

Experience the reviving powers of fire and ice with this therapeutic treatment. A Thai herbal poultice and ice poultice work in unison to provide acute acupressure, combined with a personalised massage designed to target your specific area of tension while cooling you down in the summer heat. AED 640 for 60 mins, AED 890 for 90 mins. Offer valid until 15 September 2019.

“
Each one-bed villa is decked out in gorgeous beach chic-décor, with an infinity pool, outdoor day bed and al-fresco dining area.
”

is also one of the only water villas to feature outdoor steps from the decking down into the sea. Unfortunately, the current is too strong for a dip, despite how appealing the turquoise waters look!

Ideal for a weekend away with family or a group of friends, the four-bed villas are perfect for entertaining a crowd. The one-bedroom villas (of which there are 32 on the island) are the most popular accommodation option and provide the perfect romantic hideaway for a mini-break with your other half. Each villa is decked out in gorgeous beach chic-décor, with a temperature-controlled infinity pool, outdoor day bed and al-fresco dining area.

Each villa also comes with at least two bicycles, which are great for getting around the island. It's a 20-minute walk from our villa to the main dining area where we head for breakfast and dinner, or 10 minutes by bike. If you'd prefer, Nurai's wonderful staff are happy to collect you in a golf buggy to transport you to your chosen destination (as there are no cars on the island), but I'd highly recommend a short cycle to breakfast while the weather is still cool.



DINING

The island's six dining outlets offer a wide range of cuisines to both staying and day-pass guests. On the first evening of our visit, we try out the island's Mexican restaurant, Dusk. It's a Friday night and DJ Fatima is stationed outside the restaurant, playing laid-back Latino tunes. We take a seat outdoors on the lawn, though there is also ample seating indoors for the warmer months.

Chef Marc tells us that Dusk is in the process of launching its new menu, so we're lucky enough to get a sneak peek of the dishes that diners can expect in the coming weeks. To start, we try the smoking guacamole topped with crispy sweet potato, served with crunchy tortilla chips and a chilli-infused salsa. Beef cheek tacos with pickled red onions and fish empanadas topped with crumbled feta cheese follow. For mains, we share the mixed fajitas – comprising chicken, beef and prawns. To finish, we indulge in a classic Mexican favourite – churros with chocolate and strawberry sauce. The crispy fried dough, though sinful and sugary, is worth the calories, so don't miss these!

Activities on the island

Staying guests on the island have access to a range of complimentary water and land-based daily activities, such as:

- Snorkelling (equipment hire subject to a charge)
- Beach volleyball/football
- Zumba
- Table tennis
- Outdoor movie night, every Monday from 7pm
- Reservations are to be made in advance.

“

Hooked offers an abundance of fresh seafood with a Lebanese twist, and is set overwater with stunning views across the island.

”

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Breakfast the next morning is served at the island's all-day dining restaurant, Frangipani. Its rustic-chic vibe and neutral tones make for a perfect relaxed location for a weekend feast (which we've certainly earned after our early morning bike ride!) There's an expansive buffet on offer with ample choice of pastries, cheese, cold cuts and pancakes. Eggs are made fresh to order and served tableside, along with fresh coffee, pressed juices and homemade smoothies. Frangipani also hosts a weekly Friday brunch, which offers full access to its private beach along with beach activities for both adults and kids.

For snacks throughout the day, Ginger Mermaid offers beach and poolside dishes at one of the island's two pools for both staying and day-pass guests. For a more upbeat, lively atmosphere (and great pizza) head to Smokin' Pineapple on the opposite side of the island. Here, you can expect to find brightly coloured beach huts, a surf pool and a huge pineapple-shaped woodfire pizza oven. There's also direct access to the beach and those famous Instagram-worthy sea swings (form an orderly queue if you'd like a shot on one).

For our last night on the island, we head to the Levant seafood restaurant, Hooked. Set overwater with stunning views across the island, this outlet's mismatched chairs, wooden beams and quirky trinkets instantly connote vacation vibes. It's early evening when we visit, and our table is dimly lit with hanging Edison bulbs and twinkly fairy lights.

The menu at Hooked offers an abundance of fresh seafood with a Lebanese twist. To begin, we try the grilled halloumi and spicy suzuk sausages from the hot starters' selection. For mains, we share the salt-baked grouper with a side of French fries. It is brought to the table still coated in its salt wrap, before our waiter carefully chips away at the casing to reveal a moist and tender fish. While you may think that cooking a fish in a crust of salt would result in an overly salty dish, this is in fact not the case, as the salt doesn't actually come into contact with the flesh. The skin is left on to form a protective layer during the cooking, and then peeled back before eating. It is my first experience of salt-baked fish, but certainly won't be my last!

There are also multiple private dining options to take advantage of during your stay. Set up a romantic dinner for two beneath the stars with your own butler and private chef or enjoy a relaxed afternoon at a spot of your choice with a gourmet picnic hamper.

To summarise, this stunning island offers barefoot luxury in a way that I've never experienced before in the UAE, alongside a high standard of culinary outlets and beautiful accommodation options.

Japan: Sapporo

Super-fresh seafood, hot springs and the birthplace of miso ramen, the capital city of Japan's wild north island has been long overshadowed by Tokyo and Kyoto – until now, as it will co-host the Rugby World Cup in September *words* ANNA LAWSON

Hokkaido, Japan's northernmost main island, is home to beautiful national parks, mountains, volcanoes, natural hot springs (onsen) and some of the country's best ski resorts, making it an obvious destination for both nature lovers and skiers. However, with the region also responsible for a large proportion of Japan's agricultural activity and its capital city, Sapporo, famed as the birthplace of miso ramen, it should also be on the hit-list for food-lovers travelling to Japan.

Those wanting to tick 'authentic ramen' off their food bucket list needn't stray too far on arrival in Sapporo. In Japan, many well-renowned restaurants open around train stations and airports and [Sapporo's New Chitose airport](#) ([new-chitose-airport.jp/en](#)) is one of the best examples, hosting a huge number of brilliant restaurants, including an entire area dedicated to ramen. If you're a seafood lover, there's no better region to be in. Hokkaido is famed for its varied catch, particularly crab, and the best way to experience it is at [Curb Market](#), one of Sapporo's largest public markets with nearly 80 stores



The Sapporo TV Tower in Odori park



Try local produce and fresh seafood at Hakodate Morning Market



and restaurants selling freshly-caught seafood and locally-grown produce. A stone's throw from tourist hot-spot the Sapporo TV Tower, which boasts great views over the city, is [Odori Bisse](#) ([odori-bisse.com](#)), home to shops and restaurants including izakaya-style Aburiya. Izakaya is a casual, sharing style of eating in Japan – think pub-meets-tapas bar, with menus spanning a wide range of small,

usually inexpensive dishes from sushi and sashimi to yakitori (meat skewers) and tempura. You'll find plenty of izakaya bars and restaurants in the city centre, such as local favourite [Hachikyo](#) ([hachikyo.com/ja](#)).

Once you've explored Sapporo, you can easily reach other areas by super-speedy bullet train. Hakodate, the region's third largest city is three-and-a-half hours away – buy a ticket for about Dhs280. A day or two is enough time to stroll around the quaint old town – try fresh seafood at [Hakodate Morning Market](#), ascend Mount Hakodate or Goryokaku Tower for impressive views and slurp a bowl of the city's signature shio (salt) ramen. It's also the perfect base for a day trip to Onuma Quasi National Park, 20km north, a picturesque expanse of lakes, trees and active volcano Mount Komagatake.





Susukino is packed with bars and restaurants



Kessel Hall in Sapporo Beer Garden is a top spot for Japanese BBQ

WHERE TO STAY

Sapporo Prince Hotel is conveniently located just a 15-minute walk from the city centre. Towering 28 floors above ground level, it provides impressive views across the city and nearby Mount Moiwa and Mount Okura, and to the Olympic ski jump. Hotel guests can also enjoy an onsen experience (hot spring bath, Dhs16 per night). Rooms start at Dhs390 per night for a standard twin, including breakfast. princehotels.com/sapporo

Hotel provided for this trip by Sapporo Prince Hotel (princehotels.com/sapporo), flights provided by ANA (ana.co.uk).

4 things to eat and drink

Miso ramen One of Japan's most well-known dishes, ramen (noodles, meat or fish and veg in a broth) varies in different areas of the country. In the Hokkaido region, you will find these common broth flavours: salt in Hakodate, soy in Asahikawa (Hokkaido's second largest city) and miso in Sapporo.

Kaisen don Donburi is a bowl of sushi rice with various toppings, the most popular in Hokkaido is the seafood (kaisen), which the region is famed for. A mix of raw, thinly sliced, sashimi-style salmon, tuna, octopus, scallops and prawns is artfully arranged on a bed of sushi rice. It usually comes with wasabi and soy sauce for dipping and miso soup on the side and is often eaten for breakfast.

Jingisukan or Genghis Khan is a type of Japanese lamb barbecue – thin slices of lamb are grilled over a hot skillet – and a speciality of Hokkaido, named after the 13th-century Mongol leader. Sapporo is the most famous city for this dish, and there are many Genghis Khan restaurants. Guests are provided with sizzling hot, dome-shaped grills on which they can cook meat and vegetables.

Ice cream Ice cream is very popular in Hokkaido, and you'll find shops and cafés offering soft-serve ice cream, sundaes and other dairy-based desserts all over Sapporo. The area produces around half Japan's milk and almost all of its cheese.



Jingisukan (lamb BBQ) makes for a hands on dinner



Kaisen don is a staple dish

Where to eat & drink

Keyaki

On arrival at New Chitose Airport, head straight to Keyaki for the buttered corn ramen. Corn is one of the region's biggest crops, so this is a local speciality. The pork-based broth is made with three kinds of miso, plenty of vegetables, noodles and sesame, then topped with fresh sweetcorn and a hefty knob of butter that melts over the corn into the broth. Prices start at Dhs27. new-chitose-airport.jp/en

Kita no Ryoba

Start the day like a local with a bowl of kaisen don at Kita no Ryoba, one of the restaurants surrounding Curb market, serving seafood so fresh it's almost still swimming. Mixed seafood bowl, around Dhs50.

Kessel Hall

Restaurant Kessel Hall, part of the Sapporo Beer Garden, is a fun choice for a do-it-yourself-barbecue (Genghis Khan) lunch. sapporo-bier-garten.jp/global/english.html

Aburiya

Many izakaya restaurants and bars in Japan are small, but Aburiya offers an izakaya-style menu in more spacious surroundings. The menu includes sushi, sashimi, tempura, yakitori and larger dishes like whole fried hokke fish, another local speciality. If you've had your fill of rice, baked potatoes are on offer. Dishes start from Dhs5. aburiya.com

3 trips to take

Europe's hot foodie hoods

Explore Lisbon's latest neighbourhood of note, check into the Left Bank's luxuriously revamped palace hotel in Paris, and go local in Gothenburg, Scandinavia's coolest culinary city





Try the cod at
Memmo Príncipe Real



A view of the
terracotta
rooftops in
Príncipe Real

Lisbon

Live like a prince in Príncipe Real

Lisbon doesn't lack happening neighbourhoods. From the clubs of its rejuvenated dockside and the perennially buzzing bars of Cais do Sodré, to the spruced-up cobbled streets of the old Alfama district, and boho Bairro Alto, this hip port city offers much-celebrated places to eat, drink and party. One hilltop hood that has, however, remained somewhat under the radar, is Príncipe Real. Formerly a stately residential area of crumbling old mansions, antique shops and elegant parks, Príncipe Real has lately stepped into the food and fashion limelight with a crop of bold new concept stores, boutique hotel openings and restaurants that excel at traditional Portuguese cooking with inspired international flare.

Just up the hill from the gritty bars of the Bairro Alto, dining out in Príncipe Real is a touch more genteel. At the sleek [Memmo Príncipe Real](#), ([memmohotels.com](#)) in a hidden alleyway tucked off the main street, forward-thinking chef Vasco Lello is quietly building a fan base for his well-priced, imaginative cooking. Like the hotel itself, which overlooks terracotta rooftops and features an infinity pool, dinner here is both comforting and surprising, traditional and new. A lip-smacking opener of oyster with yuzu (Dhs15 each), is balanced by the more traditional clam dish bulhão pato (Dhs80), brought up to date with razor clams and cockles, served with rice and meagre (a fish similar to seabass), and a dessert of São Tomé chocolate, banana and salted caramel praline (Dhs32). This is modern Portuguese cooking, a reflection of Vasco's Portuguese heritage, influenced by his travels in Asia, Africa, and Brazil.



Alma restaurant

Lisbon is a hilly, easy city to navigate, and it's a pleasant downhill stroll from Príncipe Real to the centre. (A taxi on return is your best bet unless you have hardy legs. Príncipe Real has remained something of an exclusive enclave perhaps due to its lack of metro station). Near the port, the [Mercado da Ribeira Time Out food market](#) is an excellent spot to graze on regional Portuguese and international dishes such as suckling pig with sweet potato purée (dishes

“Formerly a stately residential area, Príncipe Real has stepped into the limelight”

from Dhs37), the creation of renowned chef Henrique Sá Pessoa ([timeoutmarket.com/lisboa/en](#)). Serious foodies book well in advance for a table at [Alma](#), his flagship high-end restaurant in Chiado. Tasting menus focus on either meat or fish featuring the best Portuguese produce from delicate baby carrots with goat's cheese and cumin oil, to colourful flavour bombs such as the scarlett prawn rice, and Asian-flair desserts that reflect the chef's time in that region (five courses Dhs443; [almalisboa.pt/en](#)). Back in Príncipe Real, Pessoa has opened [Tapisco](#), which proudly celebrates food from across Iberia; Spanish tapas, Portuguese petiscos, and vermouth (bite-sized dishes from Dhs37; [tapisco.pt](#)). A few doors along, join the queue at [A Cevicheria](#) for pisco sours and ceviche (dishes from Dhs46; [facebook.com/acevicheriachefkiko](#)), for a little taste of Peru in Portugal. *Christine Hayes*

How to do it

Double rooms cost from Dhs839 per night, including breakfast. [memmohotels.com](#)

Le Saint Germain's centrepiece is its stained glass ceiling



The Tête de Moine curlier at Hotel Lutetia



Paris

Experience the luxurious Left Bank

At [Hotel Lutetia](#) in Paris, mornings start with the satisfying act of rotating a Tête de Moine curlier (or girolle, to give it its proper name) to shave silky Jura cheeses into delicate rosettes. The breakfast counter heaves with charcuterie, breads and pastries, and while there is green tea and egg white omelettes for those who want them, hot chocolate and madeleines seem like an essential start to the day when visiting Paris (breakfast mains from Dhs15; [hotellutetia.com](#)). Perhaps it's knowing you can work it all off in the hotel's state-of-the-art gym and famous Akasha spa.

The recently renovated Hotel Lutetia is the Left Bank's only palace hotel, and has luxurious rooms furnished with art books and fragranced by Italian perfumers Culti. There's a playful touch and Asian influences in its restaurant, [Le Saint Germain](#). Underneath its arresting stained glass ceiling, raw yellowtail slices with citrus, for example, are served with chunky miso-buttered soldiers (Dhs120). The art deco hotel, the grandest address on La Rive Gauche, is also home to frescoed [Bar Joséphine](#), where tuxedoed mixologists create inventive drinks for a smart clientele. There's also the hotel's new [Brasserie Lutetia](#), headed up by Michelin-starred chef Gérald Passédat, which features a dramatic fresh seafood bar (tasting menu Dhs340).



Try the Tokyo Blues drink at Bar Joséphine



“Art deco Hotel Lutetia is the grandest address on the Left Bank”

A short walk from Lutetia is [Semilla](#), a modern bistro serving seasonal salads and veal sweetbreads (mains around Dhs121; [semillaparis.com](#)). But a far more casual spot is tiny [Les Pijos](#), where students, tourists and locals alike compete for tables. Friendly staff and hearty dishes such as bone marrow on toast and thyme-roasted chicken with mash, make suffering the odd elbow in the ribs a bit easier (dishes from Dhs41; [facebook.com/lespipoosbaravins](#)).

Sunday mornings on the Left Bank are made for the [Marché Raspail](#), where locals shop for produce, oysters, rotisserie chicken and cakes. Though not as polished as the nearby La Grande Epicerie, there's no finer spot to buy stinky cheese. *Christine Hayes*

How to do it

Double rooms start at Dhs3,078 (room only). [hotellutetia.com](#). For more info: [en.parisinfo.com](#)



Gothenburg's canals are a backdrop to its modern breweries



Hotel Bellora is a stylish base for a weekend visit



Gothenburg

Craft ingredients and coastal cool

Known for its canals, bustling seaport and idyllic islands, Gothenburg, on Sweden's west coast, is fast becoming the Nordic beer capital. As of five years ago, it's even been host to the country's first Beer Week (gbgbeerweek.se), where a large number of the city's 200-or-so breweries and microbreweries get involved, including local beer legends Vega and Stigbergets. But outside this annual event, there are plenty of hotspots around the city that pair great brews with fantastic food – making Gothenburg a perfect weekend break.

If you're arriving on a Saturday, make your first stop the [Lindholmen Street Food & Design Market](http://lindholmenstreetfoodanddesignmarket.se). It attracts a local crowd and serves delicious street food alongside homegrown arts and contemporary crafts. Set in an old warehouse in the hip Science Park area just north of the river, its food stalls sell everything from local fish platters to gourmet burgers, creative menus from a rotating roster of top chefs to classic Swedish waffles with whipped cream and sour cherry compote (dishes from around Dhs25; lindholmenstreetfoodanddesignmarket.se).

Local breweries are also represented, including Wet Whistle. Even if you're not a beer fan, this outfit prides itself on having a brew to tempt everyone – from Light & Delicious APA to Smooth & Spicy wheat saison (beers from Dhs27 per pint; wetwhistlebrewery.se). Head to Gamlestaden, the old meat packing district north-east of the city centre, for more locally made and loved beers. At [Spike Brewery](http://spikebrewery.com), the newly opened taproom serves wood-fired pizzas and fantastic brews, including Fresh Prince APA and seasonal Mango Fandango (mains from Dhs53; tasting beers from Dhs15 per 15cl; spikebrewery.com). You'll find Gothenburg's first urban winery in this area, too.

[Wine Mechanics](http://winemechanics.se) uses grapes from Pfalz in Germany

“Great brews and food make this coastal city the perfect weekend break”

and the northern Rhône region in France to make white, red and rosé wines that are best enjoyed in the restaurant – it's set in a stylishly converted pigsty influenced by American West Coast design. You'll find plenty of local fish on the menu, which includes herring, and at least one of the Swedish 'seafood big five' – lobster, crayfish, mussels, oysters and shrimp – depending on the season. There's also steak and pasta on offer, if fish isn't your thing (mains from Dhs30; winemechanics.se). Anna Glover

How to do it

Hotel Bellora, just off Gothenburg's central Avenyn, is a great base for excursions to the breweries using the city's comprehensive bus, tram and subway network. The hotel has a modern, Italian-inspired restaurant and bar with dark woods and a wall of wine, while guest rooms feature floral wallpaper, modern velvet furniture, and black-and-white prints. Take the lift to the rooftop bar for a pre-dinner cocktail and great views of the Avenyn and King's Park. Double rooms cost from Dhs345 per night including breakfast (served with fresh warm breads, pâté and cheese). For more information, go to visitsweden.com and goteborg.com/en.

Assistance for this feature was provided by memmohotels.com, hotellutetia.com, hotelbellora.se, visitsweden.com, and goteborg.com/en.



HOW TO GET A LICENCE

It's now easier than ever to obtain an alcohol licence in Dubai. Thanks to updates in the law, you now only require a copy of your passport, visa and Emirates ID, plus a passport sized photo of yourself to qualify for an alcohol licence – a document required by local law in order to have an alcoholic beverage anywhere in the Emirate, and transport, store or consume alcohol in your home. The guys at African + Eastern share more...

**It's now
even
easier!**

The law of the land says you need to have an alcohol licence if you plan to have a drink at home or even at the bar. But don't panic. It's now easier than ever to get one, with less documents required, no need to depend on employers for documents, and no salary minimum requirement - which means that there are no longer any limits on the amount that each customer can buy; they can now get whatever limit they want.

Here's what you'll need:

1. Passport copy
2. Visa copy
3. Emirates ID Copy
4. Passport Sized Photograph

Apart from the fact that by law you require an alcohol licence to have a drink, transport or store alcohol in your home – there are many additional benefits to having one. For example: You will receive vouchers

worth AED 1,500 to spend at bars and restaurants around Dubai. You can shop online or at any one of African + Eastern's 17 conveniently located stores across the city, seven days a week. You will be able to access great value and the best offers when you shop with African + Eastern. Perhaps most importantly you will have peace of mind - with an Alcohol Licence in Dubai, you stay safe and stay legal.

WHY GET AN ALCOHOL LICENCE?

It's the law

The law of the land requires you to have a valid Dubai Licence to have a drink, transport or store alcohol in your home. For more information, visit

alcohollicencedubai.com.

HOW TO GET A LICENCE

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A&E can help

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REQUIREMENTS

If you're non-Muslim, over 21 years of age and ready to get started on your Alcohol Licence, here are the supporting documents you will need whether applying online or in person for a new application:

1. Passport copy
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3. Emirates ID Copy
4. Passport Sized Photograph

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African & Eastern at Springs Souk Mall

A&E recently opened a brand-new store in the Springs Souk Mall next to Springs 7. The mall has Carrefour, plus various other dining and retail options, plus Reel cinemas is scheduled to open soon. The store, which offers more than 1,500 products, is open seven days a week from 10am to 9pm Saturday to Thursday, and 2pm to 9pm on Fridays. For more information, visit africaneastern.com.

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Escape to a stylish city break without

flying out this season right here in the UAE. Create your own summer story at Aloft Palm Jumeirah for a night's weekend stay with breakfast for two at East & Seaboard Eatery & Lounge with stunning views of the Arabian Gulf.

Give in to your summer cravings at the Friday Mucha Lucha Brunch at Luchador Roof Cantina & Lounge for a deliciously authentic Mexican four-course meal with a live Latino band and a DJ lighting up the dance floor.



WIN!

ROYAL AFTERNOON TEA EXPERIENCE FOR 2 AT THE LOBBY LOUNGE, THE RITZ-CARLTON, DUBAI! WORTH DHS610
Relax in the luxurious surroundings over a quintessential afternoon tea

experience at The Lobby Lounge. Dine in grandeur under the sparkling chandeliers for a refined ambience indoors, or opt for al fresco on the terrace overlooking the luscious resort gardens. The perfect edition to an afternoon spent with a special friend. The Royal Afternoon Tea includes a delectable assortment of savories and pastry delicacies, two freshly baked scones, served with homemade preserves and Devonshire clotted cream, coupled with loose-leaf tea or specialty hot beverages and enhanced with a glass of beverage.



WIN!

LUNCH OR DINNER FOR 2 AT BAB AL MANSOUR - THE BOULEVARD! WORTH DHS500
Win a lunch or dinner for two persons at one of the trendiest Moroccan restaurants in Dubai at Bab Al Mansour and enjoy famous Moroccan dishes with the sumptuous variety of authentic flavours and spices.



WIN!

DINNER FOR 2 AT SABELLA'S AUTHENTIC ITALIAN! WORTH DHS600
Sabella's - the perfect place to experience your Dolce Vita in flavours! Relish in Italian flavours with friends and families while enjoying the balmy weather on the terrace or simply unwind in relaxed, warm settings indoor with a refreshing beverage. Chef Dario and his team are at your service to evoke your culinary passion to Italian food from piping-hot, hand-made stone-oven pizza to homemade fresh pasta dressed in zests to your choice, seafood delights, and salads.



WIN!

A MEAL FOR 6 AT LONDON SLIDE! WORTH OVER DHS500
Newly opened London Slide is giving 2 lucky winners the chance to win a meal for 6 worth over AED500 which for each guest includes a serving of sliders or baos of choice, a delicious side, a 0% cocktail such as the 'Orange Spritz', pineapple-lavender sparkler, a choice of a delicious milkshake that comes in signature flavours including Bannoffee and Cotton Candy Treat or a generous serving of decadent ice-cream.



WIN!

QE2 BRUNCH FOR 4! WORTH DHS900

QE2 Brunch: Set on the Quarter Deck against the backdrop of Dubai's iconic skyline - friends, families and couples alike will enjoy live music entertainment,

free flowing beverages, a decadent spread of international delicacies and a dedicated kids buffet. From classic British roasts, fresh seafood counters and live cooking stations, to artisan cheese platters, delicious salads and an unparalleled dessert selection - the QE2 Brunch is the feast of all feasts! Taking place every Friday from 1pm - 4pm at Lido restaurant.



WIN!

BRUNCH FOR 2 AT EL PATIO BY ASIA DE CUBA! WORTH DHS690

Fusing the laid-back vibes of 1950s Havana with Dubai's contemporary chic, Asia de Cuba's terrace swings open its doors, offering the perfect perch for brunch dining al fresco.

Featuring whimsical, enchanting décor and exquisite views of the Dubai skyline, guests can expect the ultimate carnival experience every Friday from 12:30PM to 4:30PM. The brunch is inclusive of exquisite free-flow beverages, an array of delicious food stations and a vivacious and fun atmosphere.



WIN!

BRUNCH FOR 2 AT TRIBECA! WORTH DHS600

Tribeca is a New York-themed restobar in the heart of JBR. Its menu draws inspiration from international kitchens with a touch of Latin charm. A bustling

social hub, Tribeca is loved for its on-trend music and organic eats. Tribeca hosts two Friday brunches - The Big Apple (day brunch) and Marky Mark and the Funky Brunch (night brunch). The Big Apple brunch runs from 1PM to 5PM and Marky Mark and the Funky Brunch runs from 7PM to 11PM.



WIN!

A CITY BRUNCH FOR 2 AT HILTON DUBAI AL HABTOOR CITY! WORTH DHS850

The City Brunch at Hilton Dubai Al Habtoor City is one of Dubai's favourite family

brunches. A large supervised play area with plenty of activities like face painting, a movie corner and even kids cooking classes will keep children entertained for hours. In the meantime, their parents can indulge in an enormous range of dishes, served from more than 15 different food stations. Be it six different cuts of steak, 40 different types of desserts or the big spread of vegan dishes - guests are spoilt for choice at The City Brunch. Every Friday, 1pm until 4.30pm.



WIN!

1 OF 2 BURGER & LOBSTER UAE VOUCHERS! WORTH DHS500

If burgers and lobster are your thing, then you'll find exactly what you're after at Burger & Lobster Dubai. With a focus on

perfecting the craft of just two main ingredients, the restaurant has got a lip smackin' menu full of flavour, with dishes such as the 10oz Beast Burger, topped with lobster, brie cheese and truffle mayo, or The Original Lobster Roll, with fresh lobster tossed in Asian spices and served in a signature toasted brioche roll. It's the ultimate venue where UAE burger and lobster lovers unite.



WIN!

1 OF 2 VOUCHERS TO WALNUT GROVE! WORTH DHS250 EACH

A concept grown in the heart of South Africa, Walnut Grove comes to Dubai bringing along a rustic yet authentic

boutique dining experience. With its vivid and inventive cuisine, welcoming staff and family-based core values, Walnut Grove has quickly become the go-to neighbourhood spot for young and old. The cakes and signature hand-roasted coffee bring a unique and exciting blend to the Dubai dining scene. Walnut Grove's bright yet intimate space plays host to endless options of culinary delights both sweet and savoury as well as an interactive and open bakery and barista station that allows you to get closer to the handmade in-house specialities.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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